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OPINION METER

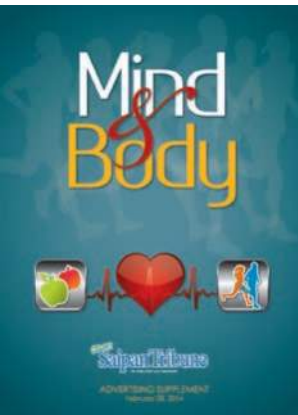
This week's poll:

Should large businesses be required to hook up to the CUC grid?

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INSIDE

SUPPLEMENT



The Saipan Tribune comes out today with a supplement "Mind & Body," that seeks to promote a healthier lifestyle for everyone.

► **PAGE 15**

LOCAL



Joe Erra Ayuyu Jr. is sworn into office as the newest member of the Zoning Board.

► **PAGE 30**

LIFE & STYLE



Justin Bieber walks unsteadily and appears to stumble in a sobriety test.

► **PAGE 32**

It's either Sheraton or Hilton

By HAIDEE V. EUGENIO
haidee_eugenio@saipantribune.com
REPORTER

» E Land lays out renovation plans, timeline

The former The Palms Resort in San Roque will reopen under global hotel brand Sheraton or Hilton, E Land's Micronesia Resort Inc. said yesterday as it laid out renovation plans for the 313-room hotel it acquired in 2011. Whether it's Hilton or Sheraton, the CNMI is on its way to having another global hotel brand besides Hyatt Regency Saipan.

Tae Ho Kim, chief operating officer of E Land's MRI, said they are in the final stage of discussion with Sheraton and Hilton, and will decide which one to select on March 7.

He said they will announce that decision to the public on March 14.

If the one-year \$20 million to \$30 million renovation goes smoothly as planned, the hotel will reopen in the summer of 2015, Kim said at a news briefing at the hotel's chapel.

"There are a lot of global brands in Guam but only one on Saipan. If we have another brand in the CNMI, it will help bring in more tourists," said Kim, through MRI senior hotel development manager and Coral Ocean Point operation manager Dennis Seo, who served as the English interpreter.

Kim said that having more brand names that are recognized in most parts of the world would help boost the CNMI's image as a tourist destination.

See SHERATON on Page 4



HAIDEE V. EUGENIO

E Land's Micronesia Resort Inc. chief operating officer Tae Ho Kim, left, and MRI senior hotel development manager Dennis Seo, right, announce the reopening of the former The Palms Resort in San Roque under global hotel brand Sheraton or Hilton at a news briefing yesterday. Also in photo is the prospective design for the 313-hotel, which would resemble a cruise ship.

OMB: Budget still at \$123.4M in FY 2015

By HAIDEE V. EUGENIO
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REPORTER

budget and spending plans by today's deadline.

» Deadline today for agencies' budget plans

Projected revenues available for appropriation in fiscal year 2015 will remain at \$123.4 million, the same level as that of fiscal year 2014, the Office of Management and Budget said. It expects all government departments, autonomous agencies and federal programs to submit their 2015 proposed

The Feb. 28 deadline for departments and agencies gives Gov. Eloy S. Inos a little over a month to finalize his fiscal 2015 budget submission to the Legislature on or before his April 1 deadline.

The Inos administration seeks to find ways to realize some \$19 million in savings.

See OMB on Page 4

3rd Chinese couple killed since 1995

» Cases of 11 Chinese homicide victims remain unsolved

By FERDIE DE LA TORRE
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REPORTER

The two Chinese farmers whose charred bodies were found among the ruins of their burned house in As

Gonno are the third Chinese couple to be the victims of homicide on Saipan since 1995. They are also the 10th and 11th Chinese homicide victims since 1995 that so far remain unsolved.

Police have classified the death of Guo Huang Xu and his wife, Qing Xiu Zheng, as a double homicide. The two reportedly died due to asphyxiation

See COUPLE on Page 4

CHC bares nominal collection from insurance firms. PAGE 3
GOP looks forward to Babauta's support. PAGE 5

Local

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The Choice is Clear

9th Circuit affirms dismissal of lawsuit vs federalization

By **FERDIE DE LA TORRE**
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REPORTER

The U.S. Court of Appeals for the Ninth Circuit has upheld the federal court's dismissal of a local businessman's lawsuit to stop the implementation of the federalization law in the CNMI.

The Ninth Circuit judges affirmed U.S. District Court for the NMI Chief Judge Ramona V. Manglona's order that dismissed Joaquin Q. Atalig's lawsuit and denied his request to amend his complaint on the basis that the proposed amendments were futile.

The Ninth Circuit judges found that there's nothing in Atalig's complaint that would establish that he has been personally aggrieved by the Consolidated Natural Resources Act, which applied U.S. immigration law to the CNMI.

Nor would the amended complaint cure the defects that the district court identified, the judges said.

"The district court rightly denied the request to amend," they said.

Atalig, through counsel Joseph E. Horey, filed the lawsuit against President Obama, then Department of Homeland Security Secretary Janet Napolitano, and several other Cabinet members.

Atalig wants the federal court to declare the CNRA (federalization law) to be unenforceable and that its implementation and enforcement is valid and lawful only with the consent of the people of the CNM.

The U.S. Department of Justice, as counsel for Obama and co-defendants, moved to dismiss the case. DOJ argued, among other things, that Atalig cannot relitigate claims that the CNMI government had already litigated and lost years ago.

The Fitial administration brought the first lawsuit in the U.S. District Court for the District of Columbia in 2008. The district court subsequently dismissed the CNMI's challenge to

the CNRA.

In July 2012, Manglona granted the DOJ's motion to dismiss, but on the alternative grounds of lack of subject matter jurisdiction.

Manglona said Atalig lacks standing because his complaint "is a generalized grievance insufficient to show an injury in fact." The judge said Atalig fails to allege any injury peculiar to himself.

Manglona also denied Atalig's motion to amend his complaint.

Atalig appealed to the Ninth Circuit.

In upholding Manglona's ruling, the Ninth Circuit judges said a federal court has an obligation to assure itself of jurisdiction before proceeding to the merits by, in addition to other things, inquiring into whether the plaintiff has standing to sue under Article III of the Constitution.

The judges said alleging a "generalized grievance" is insufficient.

The judges said the allegations in Atalig's complaint and proposed amended complaint do not establish that he suffered any injury.

Atalig argued that he was injured because under the CNRA he cannot affect immigration policy through his vote.

Atalig also argued that the amended complaint would have demonstrated injury because it alleged that he employs a foreign national on whose behalf he applied for a visa and that he has an interest in voting on immigration policy in the CNMI.

The judges said these alleged injuries do not establish particularized injury in fact.

"The CNRA affects Atalig and the rest of the CNMI voting population in the same way," the judges said.

The judges said Atalig's injuries are "precisely the kind of undifferentiated, generalized grievance[s] about the conduct of government that we have refused to countenance in the past."

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Constant 'lack or incomplete' financial reporting irks CHCC board

By **MONETH G. DEPOSA**
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REPORTER

Members of the Commonwealth Healthcare Corp. board lambasted the corporation's management yesterday for what it described as its constant submission of incomplete financial reports, thus preventing them from determining the true status of the organization.

Board vice chair Pete Dela Cruz complained about this at the start of the special meeting yesterday after files of

documents were handed out to members.

Anthony Raho echoed Dela Cruz, citing the mandates of Public Law 16-51 where the management is required to submit to the board a monthly financial statement and related reports. P.L. 16-51 created the healthcare corporation and its advisory board in fiscal year 2011.

Like Dela Cruz, Raho found it troubling that it becomes a habit for the management to provide important reports to the members only at the time

of the actual board meeting. Raho said he had asked before that reports and financial data must be provided to members at least one week in advance so they would have time to digest, study, and review all information that would be presented to the board.

"We have a fiduciary duty and we are responsible for the public oversight of the hospital expenditure. Without these information, it would be difficult for us to do our job," stated Raho.

According to Dela Cruz,

since the corporation started two years ago, there has been a consistent lack or incomplete reports from the management.

"It seems like what you're giving us are piecemeal information of what you want us to see," said Dela Cruz, adding that "it even takes a lot of requests and demands" for board members to get information on the organization's finances.

Present during yesterday's board meeting were interim CEO Esther Muña and acting chief financial officer Cora Ada.

According to Muña, the delay in producing the financial data is due to the "many works" being performed by the management such as transitioning federal grants from the Finance Department to the corporation, the unfriendly accounting system, among others.

"For the last two years, this has been the same response we're getting! Do you think the MPLT loan will be approved without getting an update on financial statements?" asked an irked Dela Cruz.

Due to the dissatisfaction of members and the limited time to review all financial materials, board chair Joaquin Torres moved to suspend tackling the

financial reports until the next board meeting.

One of the impacts of not having the advanced material for the board meeting is the lack of information on hand for members who are participating via teleconference or videoconference.

Newly-appointed trustee Philip Mendiola Long of Tinian didn't get his copy of the financial reports until after the chairman instructed the materials to be sent electronically to the trustee.

Long emphasized the importance of "hard financial data" to back the organization's request to extend its line of credit, for example.

COUPLE

From Page 1

from soot and carbon monoxide inhalation as a result of the fire that razed their house to the ground in As Gonno Sunday night.

As of yesterday, Department of Public Safety police spokesman Travis Hurst said there was nothing new in the investigation.

According to police and *Saipan Tribune* records, a Chinese couple were murdered in their house in San Vicente in December 2012, while the bodies of a murdered Chinese couple were separately found in Kagman 3 in March 1995.

In the San Vicente case, Jun Li Yang and Jing Liu were found murdered inside their home on Dec. 8, 2012. Jing Liu was president, treasurer, and secretary of a company that was planning to put up a recycling center and engage in apartment rental.

In the Kagman case, Zhao Ming Hou and his wife, Yu Hua Huang, who were then owners of the Ming-Hua Market in Dandan, were found dead in separate areas in Kagman 3 on March 29 and 30, 1995. Hou's body had multiple gunshot wounds, while Huang died of strangulation. Prior to the discovery of their bodies, their store was burglarized.

The other homicides in-

volving Chinese nationals happened at Laulau Beach in 2006; Obyan Beach in 2001; Beach Road, Garapan in 2001; Beach Road, Chalan Piao in 2000, and Chalan Kanoa Cemetery in 1996.

Bao Ying Chen, a woman, was naked when she was found dead along the shoreline of Laulau Beach on Nov. 23, 2006. She died due to asphyxiation.

Ai Fang Han, a woman, was naked when she was found dead on the shoreline of Obyan Beach on Aug. 9, 2001. She sustained upper body trauma and injuries.

Ye Xiu Zhang, a woman, died after she either jumped out or was thrown out from a moving car on Beach Road in Garapan

on June 17, 2001. An autopsy revealed she died from blunt force trauma to the head.

Unidentified men gunned down Kim Fai Tse, a man, inside a barbecue restaurant located along Beach Road, Chalan Piao in August 2000.

Feng Zhu Zheng, a man, was found dead behind the Chalan Kanoa Cemetery in October 1996.

In February 2013, the Department of Public Safety disclosed that its Special Homicide Activity Resolution Partnership team would be working on all unsolved homicide cases. In 2007, DPS revealed that there were 30 unsolved homicide cases in the CNMI since 1975.

SHERATON

From Page 1

Like other major hotels in the CNMI, their target markets are tourists from Japan, Korea, China, and Russia.

The groundbreaking for the renovation is set for around July 31 this year.

Once the multi-million renovation is done, the hotel will look like a cruise ship, which it nearly resembles as it is now. MRI's Seo presented the prospective design for the hotel.

Kim said the hotel renovation will take about a year to complete.

He said securing a stamped or certified renovation plan and necessary permits for the renovation alone will take over five months or 169 days.

Optimism

Acting governor Jude U. Hofschneider, in a later interview, said E Land's decision to reopen the former Palms Resort under a global brand is certainly "welcome news" at a time when the CNMI needs more hotel rooms to meet an improving tourism arrival rate.

"We encourage them to continue working toward their goal... We understand the challenges and the government will work with them," Hofschneider said in an interview at the swearing-in of the newest member of the Commonwealth Zoning Board yesterday afternoon.

Kim said E Land's MRI wants the public to understand

that since they acquired the former Palms Resort in August 2011, they have been working on renovation plans but has not been making specific announcements until everything is ready to get off the ground. The former Palms Resort sits on private land.

Sen. Paul Manglona (Ind-Rota) said yesterday he looks forward to E Land's implementation of its plans. He reiterated his appreciation for E Land for its willingness to become a partner in the CNMI's economic recovery.

Manglona and Sen. Pete Reyes (Ind-Saipan), in an earlier letter to the Department of Public Lands, have expressed concerns about E Land's track record in the CNMI where it acquired Pacific Islands Club in San Antonio, Coral Ocean Point in the southern part of Saipan, and the former Palms Resort.

While PIC has been seeing a robust performance, the renovation of COP is still ongoing while the former Palms Resort has yet to be renovated almost three years later.

Moreover, E Land also responded to DPL's request for proposals for the lease of 40,827 square meters of public lands in San Antonio for the development of a new hotel with at least 200 rooms.

DPL has yet to decide between E Land's MRI and Hong Kong-based Honest Profit on the land lease.

300 jobs

Kim said over 300 new jobs

will be created with the hotel's reopening under a global brand.

Although the former Palms Resort closed its doors, E Land has continued to employ a team of personnel to maintain the hotel and all its facilities. Once renovation is done, the hotel would need a total of 350 employees.

The pace of hiring will be based on the phased-in renovation, which also includes three zones. Zone one 1 is the family park, zone 2 is sports facilities, and zone 3 is honeymoon-themed area. Besides renovation to the hotel rooms, the exterior and the interiors, a luxury gallery and other amenities will also be spruced up.

At yesterday's news briefing, Seo gave the crowd an overview of E Land's worldwide presence. E Land is a South Korea-based fashion, retail and property giant with some \$10 billion revenue in 2012 and expects to grow that to \$100 billion by 2020 through its global presence.

"E Land has strong presence in both Korea and China with over 20 resorts and hotels, as well as over 10,000 retail stores in both countries. Our target tourists for the CNMI are Japan, Korea, China and Russian markets," E Land's Kim said in a separate statement. E Land also has presence in the United States and the United Kingdom.

Kim added that E Land is making a long-term commitment to do business in the CNMI "and would like to be a good corporate citizen through

community development."

"We highly appreciate all the support from our government and looking forward to be part of this great community in the years and decades to come," Kim added.

Some curious businesses also attended E Land's news briefing about their renovation plans, including Arctic Air's Paul Zak, Bridge Capital, and G4S representatives. Zak said he wanted to find out E Land's target market for the hotel, and see whether Arctic Air could have an opportunity to partner with them in bringing in hotel guests to Tinian, Rota, or the Northern Islands for tours during their stay in the CNMI.

Seo also introduced other E Land and MRI officials and personnel, including human resources manager Bertha Leon Guerrero, their planning and construction manager, another senior hotel development manager, and the maintenance team for the former Palms Resort.

The former Palms Resort used to be Hotel Nikko Saipan, with Japan Airlines as majority shareholder from the time the hotel was built in 1984. The hotel opened in 1988.

In February 2008, UMDA bought JAL stocks in Hotel Nikko Saipan. Three years later, E Land Park Ltd. bought UMDA stocks. E Land's Micronesia Resort Inc. is overseeing E Land's acquisitions in the CNMI including the former Palms Resort, Coral Ocean Point, and Pacific Islands Club.

Bad weather worsens Rota emergency

Acting governor Jude U. Hofschneider said yesterday that a tropical disturbance slowly moving closer to Guam further delays the arrival of sea cargo to Rota, which has been declared under a state of emergency since Feb. 14.

Hofschneider also hinted the possibility of extending the emergency opening of Rota's East Harbor as sea conditions have worsened that continue to disallow the barge carrying loads of goods to enter West Harbor.

"We are in constant communication with the mayor of Rota. As you know, there's high surf advisory and that would further delay the ability to move shipments to Rota. We continue to monitor the situation," the acting governor said.

Hofschneider said at least three companies have already offered their sea vessels to bring goods to Rota using East Harbor but as of yesterday, none of these companies has actually gone to deliver shipments to the

CNMI's southernmost island.

Sen. Paul Manglona (Ind-Rota) said these companies include GPPC and Pacific Marine.

"The companies are asking whether the opening of East Harbor could be extended for more than 30 days because it takes time to prepare and mobilize resources," Manglona said.

While Rota has been able to receive food assistance through the U.S. Department of Defense and other agencies, there are essential supplies that so far can only be brought in through sea transportation such as propane gas and chlorine used for water treatment.

Rota last received sea shipment in November because bad weather conditions have since made it dangerous for barges to enter West Harbor.

The National Weather Service Guam said showers, thunderstorms and 30 miles per hour winds are expected through the weekend because of a tropical disturbance northwest of Chuuk. (*Haidee V. Eugenio*)

OMB

From Page 1

ings without resorting to work hour cuts in 2015, amid a \$27 million minimum payment into the Settlement Trust Fund for 2015 and government contributions of about \$12 million for the Group Health and Life Insurance.

Fiscal year 2015 runs from Oct. 1, 2014, to Sept. 30, 2015.

"Revenue projections for the budget year will remain at the same level as the current year at \$123.4 million," the office of the governor's special assistant for management and budget Virginia Villagomez said in a two-page fiscal 2015 budget call memo.

The Inos administration expects the favorable trend in the CNMI's tourism economy in 2013 to continue in 2014 and 2015, but the settlement trust fund and health and life insurance premium payments will be a challenge.

"We must find ways to implement approximately \$19 mil-

lion in savings without forcing a reduction in hours and before it affects all of us. Only this can happen if we come together as a team," OMB said.

Sen. Jovita Taimanao (Ind-Rota), chair of the Senate Fiscal Affairs Committee, meanwhile said the panel has been seeking information on agencies' spending for previous periods that will help the committee as it works on the governor's 2015 budget submission.

Moreover, as of yesterday, the House Ways and Means Committee has yet to receive from the Inos administration a proposed supplemental budget for fiscal year 2014.

The governor earlier said his office is preparing a proposed supplemental budget of "\$8 million to \$9 million," including an additional \$5 million for the annual minimum guaranteed payment to the settlement trust fund, health and life insurance plan, and possibly "\$200,000 to \$300,000" to refund members of the Commonwealth Government Employees Credit Union.

GOP looks forward to Babauta's support

By HAIDEE V. EUGENIO
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REPORTER

While the CNMI Republican Party leadership did not entertain former governor Juan N. Babauta's request for a primary, it looks forward to Babauta's support as a lifelong Republican as the CNMI heads for the November 2014 gubernatorial elections.

Babauta's request came five months after the GOP had already endorsed the gubernatorial tandem of Gov. Eloy S. Inos and Senate President Ralph Torres (R-Saipan) on Sept. 25, 2013.

"Despite the decision, Mr. Babauta and Mr. [Juan S.] Torres are still Republicans. As life-long Republicans, they are still part of the GOP. We welcome them. We welcome their counsel. We look forward to them joining us as we continue serving our communities," Ivan Blanco, chairman of the GOP Central Committee's public relations team, told *Saipan Tribune* yesterday.

Babauta said last night he will wait for the return of his running mate, former senator and former representative Juan Sablan Torres, before making any official comment, when asked about his plans after receiving the GOP's letter.



Babauta

will wait for the return of his running mate, former senator and former representative Juan Sablan Torres, before making any official comment, when asked about his plans after receiving the GOP's letter.

Republican Party president James A. Ada, in a one-page letter to Babauta yesterday, said the party had already endorsed the Inos-Torres ticket for the 2014 race.

"Accordingly, the CNMI Republican Party will not entertain your request at this

time. However, we want to thank you for your interest and look forward to your continued assistance and support of our party. In this spirit, please join us at the GOP kickoff rally scheduled for March 23, 2014, at the Susupe basketball courts as we officially launch our GOP campaign for the upcoming election," Ada added.

The GOP leadership made the decision to decline Babauta's request for a primary during a meeting on Wednesday night.

There are at least four individuals vying for the governor's post, including Inos and Babauta.

Former House speaker Heinz S. Hofschneider declared his

ward "Tofila" M. Deleon Guerrero, a Democrat, also confirmed he wants to run for governor.

A four-way race is expected to result in a runoff election because it would be difficult for any of the candidates to get at least 50 percent plus one of the votes cast in the general elections.

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Two-year extension sought for CHC's \$3M line of credit

By **MONETH G. DEPOSA**
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REPORTER

From its initial target of just a one-year extension, the Commonwealth Healthcare Corp. is now requesting for a two-year extension on its \$3 million line of credit with the Marianas Public Land Trust.

The corporation board affixed its support yesterday to the recommendation of interim CEO Esther Muña.

"We want to ask MPLT to give us an extension of two years instead of the one year [we initially requested]. I also asked the MPLT chairman [Martin Ada] if they could just roll over the payment instead of coming up with \$3 million and then give us another \$3 million," said Muña during yesterday's board meeting.

Based on the existing \$3 million line of credit with MPLT, the hospital is due to pay the full principal on March 12 this year. Since the beginning of the loan, the agency only paid the monthly interest of about \$17,000.

Muña said yesterday that the corpo-

ration has \$3 million on hand but there are other obligations they owe vendors that the corporation needs to pay.

"Again, we have the money...it's just that we're holding back on it because we need to work on our vendors' payment," said Muña.

The interim CEO pointed out that seeking a loan extension is important in order to help the hospital correct the remaining deficiencies identified by the U.S. Centers for Medicare and Medicaid.

CMS has until June 27 this year to decide whether or not to revoke CHC's Condition of Participation after the hospital failed to address all deficiencies cited by CMS.

"We really need to request an extension because we need the money to still make the corrections for Medicare. Although we're provided CIP [Capital Improvement Project] money, it doesn't include everything that we need to repair," said Muña, citing as example the funding for the HVAC system and new elevators.

Muñ disclosed that she is constantly

communicating with MPLT and that the extension request is up for deliberation by its board. She said MPLT has asked for financial documents from the corporation.

If the request is approved by the MPLT board, the corporation will be

accorded the line of credit for a third year now. However, this may not be an easy decision for MPLT. During previous meetings, members raised some concerns about the needed collateral for the new loan.

CHCC used as collateral in its line of

credit the Navy Hill property that was previously assigned to it by the Fitial administration. However, the Inos administration took back the properties and designated them to the Department of Public Lands.

The properties were composed of two parcels of land adjacent to the CHC with total of 38,500 square meters and an estimated value of \$1.2 million.

6th JP and Diabetes Awareness Walk this Saturday

Walk for a cause this Saturday by joining the 6th Annual JP and Diabetes Awareness Walk that starts at Beach Road Pavilion across the JP Center all the way to the Susupe Beach Park.

Registration starts at 5am and ends at 6am. The fee is \$5 and all proceeds will benefit the Marianas March Against Cancer Foundation.

Refreshments will be available at the Susupe Beach Park finish line. There will also be a raffle, with prizes that include one round-trip ticket for two to Guam with free hotel accommodations for two nights and lots more.

There will also be a free blood

sugar and blood pressure testing by Northern Marianas College Nursing Club volunteers.

The three-mile walk from the pavilion to Susupe Beach Park will be held in honor and in dedication to the memory of former Tan Holdings executive John "JP" Pangelinan.

"It's a walk that I have participated since it first started to honor our former publisher [Pangelinan], and to bond with my colleagues while exercising at the same time," said Jayvee Vallejera, editor for *Saipan Tribune*.

Saipan Tribune publisher Eli Arago said, "This is the sixth year and we

want to commemorate our former executive. And this year we want to make innovations that include the diabetes awareness screening. Our president, Jerry Tan, is supportive of his employees to be productive and also wants to make the community aware of the walk that will benefit the MMAC."

Contact becky_tenorio@tanholdings.com to register via email. Registration forms may also be picked up at the *Saipan Tribune* office or at the registration venue.

Last year 300-plus walkers joined the event during which over \$2,000 was raised. (*Jayson Camacho*)

Women's Exhibit



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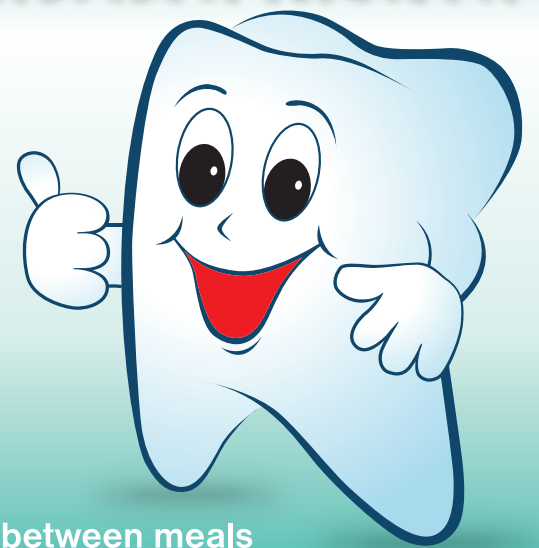
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| | | |
|---|---|--|
| Diamond G Rice \$9⁹⁹ 15lbs \$25⁹⁹ 50lbs | Chicken Leg Quarter \$18⁹⁹ 22lbs \$25⁹⁹ 33lbs | Whole Chicken \$41⁹⁹ 30lbs |
| Pork Spareribs \$20⁴⁹ 20lbs | Babyribs \$21⁴⁹ 10lbs | Ichiban \$10⁹⁹ CASE |
| Max Butane Gas \$21⁹⁹ CASE | | |

| GROCERIES | GROCERIES | GROCERIES | GROCERIES | GROCERIES | GROCERIES | GROCERIES | GROCERIES | GROCERIES | GROCERIES | GROCERIES |

| | | | | | | | | |
|--|--|---|--|---|---|--|---|--|
| Country Lime Lemonade, Tang Orange, Kool-Aid \$7⁹⁹ | Coffee Mate \$7⁹⁹ 50 OZ. | Folgers Coffee \$11⁹⁹ 33.3 OZ. | Del Monte Whole Kernel Corn 99¢ 15 OZ. | Del Monte Whole Kernel Corn \$5⁷⁹ 106 OZ. | Spam All Kinds \$2³⁵ EA. LIMIT 6 | Black Label Luncheon \$1⁷⁹ EA. LIMIT 6 | Libbys Vienna Sausage 59¢ 50Z. | Ox & Palm Luncheon Loaf \$1⁵⁹ 12 OZ. |
| Chorizos \$1⁷⁴ 3 lbs. | Campbells Chicken Noodle 89¢ 10 OZ. | King Chef Soybean Oil 5gal \$31⁹⁹ | Del Monte Ketchup \$4⁶⁹ 64 OZ. | White Sugar 2kg \$2⁷⁹ 2 KG. | Fresco Vegetable Oil \$9⁹⁹ 1 GAL. | Dragon Vegetable Oil \$9⁴⁹ 1GAL. | Kikkoman Soy Sauce \$4⁵⁹ 1.6 L. | Rota Water \$5⁹⁹ 350ML. |

| FROZEN | FROZEN | FROZEN | FROZEN | FROZEN | FROZEN | FROZEN | FROZEN | FROZEN | FROZEN | FROZEN | FROZEN | FROZEN | FROZEN |

| | | | | | |
|--|--|--|---|--|--|
| Tilapia \$1⁰⁹ /LB. | Milk Fish \$1⁶⁹ /LB. | Bar S Jumbo Franks \$1²⁹ | Bar S Ham \$18⁹⁹ 10LBS. | Ground Beef \$12⁹⁹ 5LBS. | Chamorro Sausage \$4⁴⁹ |
|--|--|--|---|--|--|

| PRODUCE | PRODUCE | PRODUCE | PRODUCE | PRODUCE | PRODUCE | PRODUCE | PRODUCE |

| | | | |
|---|--|---|---|
| Onion 69¢ LB. | Potato 99¢ LB. | Garlic 99¢ /PACK | U.S. X-Large Eggs \$2⁷⁹ |
| Celo Apple \$3⁹⁹ /BAG | Orange \$1²⁹ LB. | Honeydew/Cantaloupe \$1²⁹ LB. | Korean Pear \$2⁹⁹ LB. |

| FAMILY BAG | FAMILY BAG | FAMILY BAG |

| | | | |
|-----------------|---------|------------------|---------|
| Stew Chicken | \$6.99 | Pork Chop | \$11.99 |
| Chicken Leg Qtr | \$4.99 | Pork Spareribs | \$6.99 |
| Chicken Nuggets | \$11.99 | Pork Butt Steak | \$9.99 |
| Chicken Wings | \$12.99 | Beef Ribeye | \$15.99 |
| Turkey Tail | \$6.99 | Beef Stew | \$12.99 |
| Mackerel Fish | \$5.99 | Beef Shank | \$12.99 |
| Mackerel Pike | \$6.49 | Beef Feet | \$4.99 |
| Pork Hock | \$7.99 | Beef Shortribs | \$19.99 |
| Pork Adobo | \$9.99 | Ox Tail | \$15.99 |
| Pork Bellies | \$11.99 | Smoked Ham Steak | \$12.99 |

| NON-FOOD | NON-FOOD | NON-FOOD | NON-FOOD | NON-FOOD | NON-FOOD | NON-FOOD | NON-FOOD | NON-FOOD | NON-FOOD | NON-FOOD |

| | | | | | | | | | |
|--|---|--|--|--|--|--|---|--|---|
| Dawn Dishwashing Soap \$8⁹⁹ 90 OZ. | Joy Ultra \$1⁴⁹ 12.5 OZ. \$6⁹⁹ 90 OZ. | Purex \$3⁹⁹ 50 OZ. | Gain Liquid \$5⁹⁹ 50 OZ. \$9⁹⁹ 100 OZ. | Gain Powder \$15⁹⁹ 102 Loads \$18⁹⁹ 20 Loads | Head & Shoulders All Kinds Shampoo \$5⁴⁹ 23OZ. \$7⁹⁹ | Bounty Paper Towel \$19⁹⁹ 15 Rolls | Charmin Basic Toilet Paper \$7⁹⁹ 12 ROLLS \$14⁹⁹ 24 ROLLS | Foam Plates \$3²⁹ 50 CT \$7⁹⁹ 125 CT | Charmin Tissue (Regular) \$7⁹⁹ 24 Rolls |
|--|---|--|--|--|--|--|---|--|---|

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Stellar is back, ready to launch Miss Teen

The curtains are being pulled back and beauty and confidence is center stage once again, as the islands' non-profit pageant and talent group, Stellar Marianas, returns with the launch of Miss Marianas Teen and Miss Marianas Universe pageants.

Stellar Marianas took a break from organizing the Little Miss Marianas, Miss Marianas Teen, and Miss Marianas Universe pageants in 2008.

"We are super excited to bring these worthwhile and positive community and global events back to our islands and with a team that is going to make the experience not only incredibly fun, but also boost confidence and offer lifelong skills for our young women," said president Laila Boyer.

"We begin with Miss Marianas Teen 2014 this July and Miss Marianas Universe 2015 in January. We are also looking at bringing in the Miss Earth and Miss World titles to give more opportunities to our women—it is going to be a lot of hard work, and we have an excellent volunteer team ready to take lead," she said.

Joining Boyer is Sonya Dancoe as vice president; Carline Sablan as secretary; Marites Yumul, treasurer; Nadine Pudney, national director; Cherlyn Cabrera and Frankie Eliptico, public relations directors; Shirley Sablan, community events director; Jojo Alepuyo, video and photography director; Manny Borja, choreographer; Curtis Dancoe and Laurence Boyer, stage and

logistics directors; and Michelle Sablan, program and decor director.

2014 Miss Marianas Teen contestant application forms will be available at *Marianas Variety* office and Iridescent Boutique in Garapan and Pena House in Chalan Kanoa.

The age range for contestants is 14 to 17 years old, must be a U.S. citizen, single, not married, no children, and of good moral and ethical character.

Titleholders have the opportunity to represent the Commonwealth of the Northern Mariana Islands as its ambassador to the world and a positive role model for their communities.

"We are putting together a very exciting calendar of events and activities for our contestants and titleholders this year, as well as a fabulous prize list," said community events director Shirley Sablan.

"We encourage all our eligible young women to apply and deadline to turn in applications is March 14, 2014. We will be sending forms to your schools and if you need any further information, please email me at nadine.stellarqueens@gmail.com," said national director Nadine Pudney.

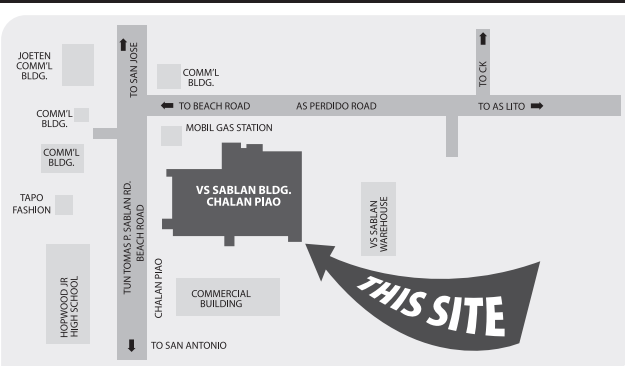
Contestants will receive a Stellar Marianas beauty bag, hair and make up training sessions, nutrition and fitness training, model portfolio, media interview and public speaking training sessions, opening number outfit and fitness wear from Stellar Marianas.

"The Miss Marianas Teen Pageant does not have a swimwear competition; rather it focuses on health and fitness, so we have a fitness wear competition. We also have a Fun Fashion competition where contestants design their own outfits as well as a talent night competition," said Pudney.

Miss Marianas Teen 2014 could win: a crown, trophy, sash and flowers, \$1,000 cash, all-expense-paid travel opportunity to compete at Miss Teen International, all-expense-paid travel opportunities, a brand new smartphone, one-year supply of beauty products, one-year gym membership and personal trainer, one-year use of a personal stylist and manicurist, a professional model portfolio, a four-piece luggage set from Stellar Marianas, and an opportunity to create and implement a community project under your name assisted by Stellar Marianas.

For more information, email Stellar Marianas national director Pudney at nadine.stellarqueens@gmail.com or stellarqueens@gmail.com or join stellarmarianas on Facebook or Twitter. (PR)

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February 28, 2006

Tinian begins 1-hour work hour reduction

While the Executive Branch is still looking at reducing work hours by one hour, the Tinian municipal government has already implemented such a reduction, effective Feb. 13, 2006. In a memorandum dated Feb. 9, Tinian Mayor Jose P. San Nicolas said that government municipal employees would only be working from 8am to 4pm from Monday to Friday. "Due to a reduction in our current funding levels, I am forced to announce a change in our current operating hours of business to 7 hours a day," said San Nicolas. He said the reduction in hours "will remain until our funding level can support full operational cost."

Pay cuts eyed for Cabinet members

Cabinet members are facing a likely 10- to 20-percent cut in their salaries as part of the cash-strapped government's efforts to reduce personnel costs. Gov. Benigno R. Fitial disclosed this plan during a Cabinet meeting yesterday morning, according to press secretary Charles P. Reyes Jr. The cuts would include Fitial's top executives and government employees earning more than \$20,000 a year. The threshold would spare low-income government workers. Most Cabinet members earn \$50,000 a year. If implemented, the cut could amount to \$5,000 to \$10,000 annually.

February 28, 2007

Volcanic haze shuts down PSS

The Public School System yesterday cancelled all classes in the CNMI, while the Department of Public Health advised pregnant women and individuals with respiratory illnesses to remain indoors as the volcanic haze coming from Anatahan continued to cover the Marianas. Education Commissioner David M. Borja directed all public schools to release the students as early as 8:30am after receiving numerous calls from concerned parents regarding the volcanic haze. Borja asked the parents of bus-riding children to prepare for the return of their kids.

Broad support eyed in drafting immigration bill

U.S. congressional staffers in charge of drafting the CNMI immigration bill are aiming for legislation with as broad a support as possible. Allen Stayman and Josh Johnson, staff members to U.S. Senate Natural Resources Committee Chairman Jeff Bingaman and Pete Domenici respectively, yesterday concluded four days of meetings with local government and community officials in relation to a proposal to extend federal immigration policy to the Commonwealth. The pair, along with the U.S. Office of Insular Affairs' congressional liaison Stephen Sander who will be on island for two more days, are expected to begin writing the draft bill upon their return to Washington, D.C.

February 28, 2008

Study says CNMI middle-schoolers subpar in math

The Regional Educational Laboratory at Pacific Resources for Education and Learning reported Tuesday that student achievement in middle school mathematics in the CNMI is below the national average. According to a data study conducted by the PREL researchers Roger Chesswas, PhD, and Lesley Lee, PhD, "student achievement in mathematics is lower in the CNMI and in the Pacific Region than in most parts of the U.S. The CNMI assesses mathematics achievement in either seventh or eighth grade—or both. According to the study's authors, analysis of the data suggests that student achievement in middle school mathematics is below the national average, confirming a 2002 U.S. ED study that indicated that student achievement in mathematics is lower in the Pacific region than in most other parts of the U.S."

Protest filed vs NMC choice for new director

A job applicant has accused the Northern Marianas College of biased hiring practices after NMC picked another candidate over him for a management position. John Gonzales, an employee at the Department of Public Lands and host of a local television talk show, filed the complaint against NMC president Dr. Carmen Fernandez on Monday. "I am hereby filing an official grievance against Carmen Fernandez and NMC for its (sic) unfair, arbitrarily capricious, biased, partial, and subjective employment practices regarding the position of director for Office of Institutional Effectiveness," Gonzales told acting NMC chairman Joey P. San Nicolas.

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Frontera Cabernet Sauvignon, Chile 750ml. **\$14**

Calina Carmenere, Chile 750ml. **\$18**

Casillero Del Diablo Cabernet Sauvignon, Chile 750ml. **\$17**

KJ Vintner's Reserve Merlot, California 750ml. **\$26**

KJ Vintner's Reserve Pinot Noir, California 750ml. **\$26**

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Barton Guestier Medoc, France 750ml. **\$15**

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Moët & Chandon Brut Impérial, France 750ml. **\$59**

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Jacob's Creek Sparkling Rose, Australia 750ml. **\$21**

Bottega Petalo Moscato Spumante, Italy 750ml. **\$17**

Rose

Barton & Guestier Rose D'Anjou, France 750ml. **\$12**

White Wine

Jacob's Creek Chardonnay, Australia 750ml. **\$18**

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Luminia Pinot Grigio, Italy 750ml. **\$20**

Frontera Chardonnay, Chile 750ml. **\$14**

Baron Philippe De RothCild Blanc France 750ml. **\$23**

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4th Prize

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5th Prize

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Please see the table chart below on how to get your raffle ticket

| BET | STRAIGHT FLUSH | 5 OF A KIND | ROYAL FLUSH |
|--------------------------|----------------|-------------|-------------|
| 10 bet - 18 bet (\$0.05) | 2 ticket | 4 ticket | 8 ticket |
| 5 bet (\$0.25) | 2 ticket | 5 ticket | 25 ticket |
| 6 bet - 10 bet (\$0.25) | 5 ticket | 10 ticket | 50 ticket |
| 11 bet - 20 bet (\$0.25) | 10 ticket | 20 ticket | 100 ticket |
| 21 bet - 40 bet (\$1.00) | 20 ticket | 40 ticket | 200 ticket |

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NOTICE TO THE PUBLIC

January 13, 2014

To All Our Valued Customers:

We would like to extend our utmost gratitude to all our valued customers by giving good prizes on our raffle promo, but unfortunately, the Department of Finance informed us that the regulations specifically limits the prizes to merchandise valuing less than \$35,000.00 and prohibits cash prizes.

We would like to express our deepest apology regarding the changes we've had to make in order for our raffle promo to go on.

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Opinion

Hafa Adai!

Saipan Tribune

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Mark Rabago ASSOCIATE EDITOR

MEMBER

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EDITORIAL

Arizona's bias is showing again

Not content to have besmirched their state's reputation by passing a mean-spirited immigration law, legislators in Arizona have approved an equally objectionable bill that would make it easier for businesses to discriminate against gays and lesbians. Gov. Jan Brewer should heed the advice of business and political leaders in her state and veto the bill.

Like other states and the federal government, Arizona allows individuals (and religious institutions) to ignore laws that "substantially burden" the exercise of religion. The government can insist on compliance, however, if a law is designed to further a compelling state interest and is narrowly tailored. This approach strikes an appropriate balance between religious freedom and the ability of the government to legislate for the common good.

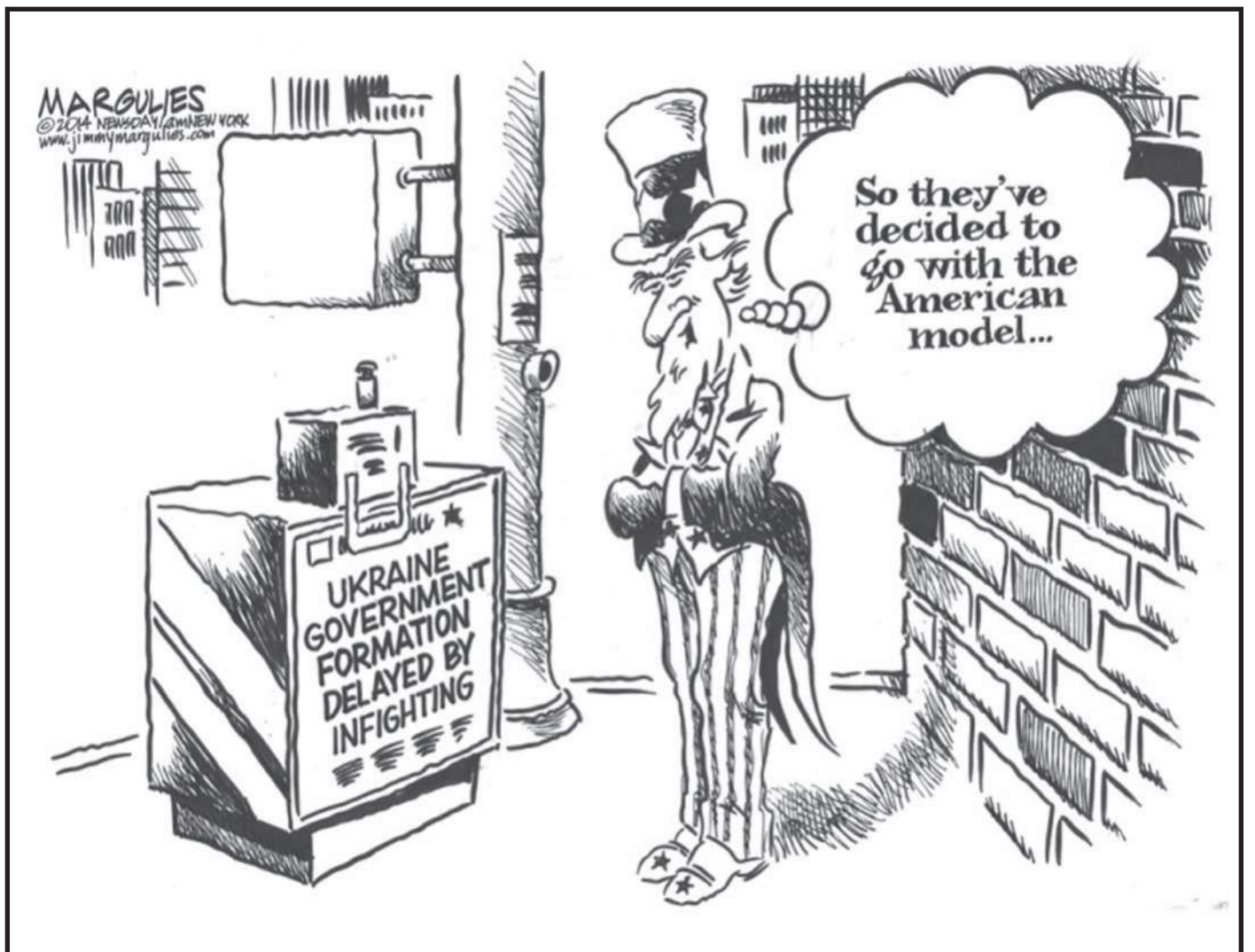
SB 1062 would upset that balance by redefining a "person" able to raise a religious objection to include a partnership, corporation or "other business organization." That would provide a defense for businesses that refuse to serve gay customers in those cities in Arizona that outlaw discrimination based on sexual orientation. (Arizona lamentably lacks a statewide ban on such discrimination.)

But the bill would have even broader effects. It would make it easier for businesses to evade state laws against discrimination on the basis of race, religion and gender. An owner of a company might have a "religious" objection to interracial marriage or to leadership roles for women, and might refuse to deal with interracial couples or a women's professional group.

There are a small number of cases in which equal treatment for gays and lesbians might interfere with 1st Amendment rights. For example, this page was sympathetic to a wedding photographer in New Mexico who argued that requiring her to photograph a same-sex ceremony put her in the position of communicating a message she disagreed with. But such situations are rare.

As a general matter, businesses that cater to the general public shouldn't be able to discriminate against gays and lesbians any more than they are allowed to turn away customers on the basis of race, gender or religion. In making such discrimination easier, SB 1062 fails the test of fairness. It shouldn't become law.

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J'aime la vie on Saipan

Like everything else, I tend to wait until the last hour before I move on something I could have done in good time previously. There was no impending holiday that I knew of, except for Mardi Gras, but we are quite a distance from Rio and New Orleans, so I did not take that seriously.

But when I tried to book for a week stay in two commercial hotels that I had patronized before, I was told that they were fully booked. Wow. That was good news for the tourist industry, but since I was coming in on the unholy hour early morning on a flight from Incheon, it was not good for me. I did not relish the prospect of waiting for sunrise at the airport or some hotel lobby. I mean I am not talking here about bed-and-breakfast places, where the kids wake up early to catch the school bus. I am talking fancy lobby, restaurant, bar, and a concierge. First week of March hotel occupancy on Saipan was suddenly at a premium. That should be good news to Perry!

Well, we finally got it all sorted out. I will be in one of the hotels after they checked all the availability of the broom closets and discovered a room that will hold my snooze at bay.

When I left Saipan in 2010, I disposed of my old reliable Mazda pickup that was compliments of the good folks at Triple J where I bought it new. It lasted well without any major breakdowns. I was strict in following the prescribed maintenance schedule. Not too good on the business side so I was not sharp on the resale, though I definitely made someone happy while I was short of a few Franklins on the transaction.

But March 2-7 when I shall be circulating around Saipan, I will not have the services of the old reliable, and given all the folks (*frenemies* is the neutral term for friends and foes) I came to know in the decade I lived on island, there are a few I would be remiss if I did not at least say "hello" to on this trip. I do have some bureaucratic matters to attend to, but I am designating the following hours as "drop-by-if-you-can" occasions.

First, I will park myself at the *pala-pala* in front of the Century building in Gualo Rai from 4pm to 6pm Monday (3rd), Wednesday (5th), and Friday (7th). I will scrounge for a portable folding table that I could use to hack away, and should friends and foes alike wish to stop by and shoot the breeze, these will be times to do it. (I may even be able to talk Glen into rushing a banner from his shop that says, *J'aime la vie*, if only to tell the birds at the promenade that they will have company this week.)

Subjects for gab could be the state of the Commonwealth economy, indigenes' relation to the feds and the military, the immigrants and the migrants, the oil in South China Sea (the new Penguin map I got from Honolulu has the body of water named now as the Luzon Sea), and other ordinary topics in the tropics (cancer, Fukushima radiation, *Pinoy* proliferation, etc.). You still with me?

Second, on Thursday (6th), I will, of course, mosey over to the

By JAIME VERGARA

Special to the Saipan Tribune

Jaime Vergara previously taught at SVES in the CNMI. A peripatetic pedagogue, he last taught in China but makes Honolulu, Shenyang, and Saipan home. He can be reached at pinoypanda2031@aol.com.



Garapan street market and be surprised at who I may bump into.

Third, since our departure will not be 'til Saturday afternoon, I might have time to check on our Jamaican-in-Saipan if he still holds his customary audience at Subalu. I might even get to know when he is due for reincarnation as Jamaican-in-China.

If you do plan on stopping by, bring a comb 'cause I will have my camera loaded, and I might ask you to pause and pose with me for a photo shoot with the lagoon for a backdrop. Hey, I am getting to the sunset of my years. I tend to value those photos as I grow older, i.e., if I can only remember which folder in the laptop I keep them!

Needless to say, it will be a pleasure catching up on where you have been treading, and catch you up on where I have been netting my *bonitas* of late. And looking forward is just as much fun as looking back, so we will get around to finding out what we've got stored for the morrow. Deal?

It did not always look like this in the past, but now, everyone looks like a teenager from where I sit close to sunset. And if I call you "handsome" or "beautiful," it is not only because I had forgotten your name but also, given my fundamental relationship to life, a feeble smile goes a long way. So, how ya doin', beyoooootipul?

I previously offered to give a presentation, or give a lecture, if one wanted a more formal setting, on China, or language pedagogy, at AMP or NMC, *pro bono*. It was a downer to have no takers. I guess I will have to earn a PhD first, get it attached to the name, before we get a listen.

I look forward to a Monday to Friday roving around next week on Saipan at the usual places. You know, USCIS, SS, Garapan, PSS, Retirement Fund, ST, UMC, NMPASI, NMC, SVES, and other places familiar whose names have faded from memory, but will bump elbows with the usual suspects.

If for any reason, we fail to connect, I am only a mouse click away: pinoypanda2031@aol.com. I am giving out the *Saipan Tribune's* phone number (I still give out their calling cards) for contact, but please just leave a message and I will return your call. That number is (670) 235-2440. Ask for Jayvee if you wish to hear a friendly voice!

See ya!

Some beach chair thoughts

An old country song (*Southern Rains* by Mel Tillis) observed that when we're young we want to get away, when we're old we want to go back, and we spend our lives replacing all the things we left behind.

When I was young I sure couldn't wait to get away, despite the fact that we lived in a place that I liked very much.

But I was full of ambition and adventure, so, of course, the "outside world" beckoned.

The decades went by. I was lucky enough to get to memorialize some of those adventures in *Private Pilot* magazine for a few years as a columnist. This at least gave me an excuse to mark my memories for events that flew by so fast I never got to really think about them when they happened.

The magazine went out of business 2005, so even the keeper of the memories is now just a memory.

Still plucking at strings on memories, earlier this year I was thinking about where I'd most like to live, and I thought about the old neighborhood. So I took a look at house prices. Egads, I'd have to hit the lotto to buy into that area. It's nice to think about, but it won't ever happen.

I once talked to an old pal who managed to stay in the neighborhood; he inherited his parents' house. Although he certainly appreciated his good material station in life, he felt that life was passing him by. He was bored and longed for the excitement that the outside world offered.

His case and mine are more data for the can't-have-your-cake-and-eat-it-too tally, as if the world needed more proof for that sorry scoreboard.

Meanwhile, when it comes to replacing what we left behind, I'll give you a choice candidate: peace of mind.

Strangling cost of living

Additional costs pile up against family obligations and debts in inexplicable ways. It literally strangles and suffocates households all over. The corrosive impact sends most folks to the subterranean level of misery. This daily experience isn't a concoction but completely realistic on every front.

Let's jointly review what the beast is all about: For instance, take the annual salary of \$30,000 and spread it out for family obligations and debts. It's a salary above the median income that pans out to about \$1,250 per month or \$625 biweekly.

Assuming that a family has taken out a real estate loan to build the first family home and pays about \$500 monthly for it. This doesn't include paying for real estate insurance or life insurance funneled to the bank as guarantees against the loan for a total of about \$745 per year or \$62 per month.

There's also the family car that costs about \$300 per month and auto insurance. Tag the health insurance of \$600 per month for a family of four; health deductible of \$1,000 per year and 40-percent increase in medication, including \$450 for utilities per month. Other obligations include helping our children with student loans, clothing, school supplies, dental, monthly power, and food necessities.

The monthly obligations and debts is about \$2,000 monthly. There's a shortage of about \$750 per month the family must scrounge for or cut down every corner of expenditure. Aggravating the family pocketbooks is the stagnant salaries for nearly 10 years. So while the cost of living shoots into the heavens like 4th of July fireworks, there's the vicious dampening of the buying power of families heading south. Am I making sense or is this a concoction of my imagination?

With 52 percent of underemployed folks—people with jobs whose salaries fall within the federal definition of poverty level income—how do these folks pull through it all?

We've heard arguments to raise or defer raising the federal minimum wage beyond \$5.50 an hour. But there's the misconception that it would lift all boats. Not quite. The federal minimum wage

The world seems to move so fast these days that it's hard to look where you're stepping before your foot lands there. Fortunately, I've never wanted to be involved in any of the world's contentions or intrigues, so I've usually been lucky enough to avoid these problems and the cynical creatures they harbor.

But to the extent that I haven't been lucky on that note, I've redoubled my resolve to keep life simple and tranquil.

Overall, it looks to me like modern life makes it harder, not easier, to have peace of mind. Maybe modern efficiency gives us so much abundance that we take too many things for granted.

For example, economists freak out when gross domestic product in any given place doesn't increase every year. This becomes a big news story. Well, I'm all for increased GDP, but I wonder if the expectation of perpetual exponential growth can distort our personal outlooks, causing us to discount what really matters, today, for what we want to happen next year.

One guy who seemed to avoid the big pitfalls was someone I knew in the deep South. He lived in a tidy little house on a few acres in the piney woods. He sold furniture that he built in his garage workshop.

He never had any use for college, or travel, or grandiose ambitions. And, since he never felt the youthful compulsion to get away to begin with, he never had to worry about going back later on. Hey; now there's a thought: The best way to regain something is not to lose it in the first place.

If you're looking for an example of a practical focus, well, this guy had it. I once offered to take him flying so he could see his place from the air. His response was, "Why?"

I didn't have an answer to that one.

law also provides that companies with annual sales of \$500,000 are not required to dole out minimum wage pay for their employees. So its universal application or bump effect is a total fallacy.

And so we yawn once more hoping for some divine intervention in the steadily sinking economic canoe berthed at the Tanapag Harbor. I heard the captain and crew are now on board a rescue boat all standing at the bow yelling at the iceberg before them. Politicians have done nothing but massage their tearful performance while imposing sterile policies!

Injurious spouts against others

We've followed assertions and refutations against the "pathway to citizenship" for some 14,000 foreigners. The discussion has escalated into the ugly virulence of condescending racism.

We no longer limit viewpoints to the merits or demerits of suppositions—what we thought the measure says versus what it actually says—to promote and secure clarity and understanding.

The racist infraction is still struggling to find a bearing or appropriate framework for decent discussion. It stumbled and has started down the path of unnecessary injurious diatribe.

Be that as it may, there's provision under the U.S. Immigration and Naturalization Act for all foreigner seeking U.S. citizenship to apply for their aspired goal. If you pass it, you're in and there's no two ways about it either.

Obviously, skirting this provision of law brings into focus Kilili's motive seeking to grant carte blanche citizenship to 14K foreigners that would instantly turn the host into a minority. Is there an explanation beyond the politics of his shallow hideous agenda?

It's a political miscalculation that has triggered vicious incivility among the indigenous people. It's an upstream swim for Kilili from A-Z to justify a proposal that is riddled with the query: Who are you representing?

In its very basic form the issue is the same for everyone: the search to improve opportunities for posterity. But this is suffi-

By ED STEPHENS

Special to the Saipan Tribune

Visit Ed at EdStephensJr.com. His column runs every Friday.



As the faster-living people moved from job to job and city to city, taking on ever-greater mortgages ("leverage!") and needing ever-bigger paychecks, the furniture-maker just kept plodding along. I never kept in touch with him, but I imagine that he endured the various shakeouts in the financial world better than many of his more sophisticated counterparts did.

I think about that guy a couple times a year, usually when I'm sitting in my beach chair, thinking long thoughts, and wondering how I can be a little more smart and a little less stupid in the years to come.

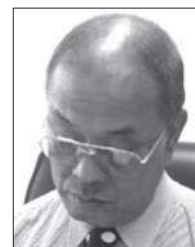
I'm not deriding ambition, but I can't help but notice that ambition is always based on expectations, and expectations are mighty tricky things. We say that we "have" expectations, but maybe the expectations have us. What we leave behind is always real, but what we think we're getting in return hasn't yet materialized and sometimes it never will.

That's a mighty intimidating proposition, come to think of it. It's enough to have me hunker down in my chair and just hope for the best, which is always a good idea for the weekend.

By JOHN S. DELROSARIO JR.

Special to the Saipan Tribune

John DelRosario Jr. is a former publisher of the Saipan Tribune and a former secretary of the Department of Public Lands.



ciently provided for under pertinent U.S. Immigration and Naturalization Act. It's a very troubling issue Kilili would find difficulty explaining on the campaign trail. Sorry, but our people are conversant on this and the Obamacare you gifted them in advance of Christmas '14.

Debate on inequality

President Obama tried to divert attention from his failed signature healthcare policy discussing, again, his shortsighted views on inequality. If he's in charge, is he doing national television acknowledgement of his failed health and economic policies?

The term "inequality" keeps bouncing back as I ponder what is he trying to spin. Mr. President, are we not all supposed to be equal under the law? If I've invested in myself securing academic competency and professional experience on a given field enabling my getting a high paying job, do you blame me for the failure of a hamburger flipper at a fast food service?

This issue brings forth a more critical review of the essence of equality when viewed against Article 12 of the NMI Constitution. Is it really the foundation of inequality? Is there validity and truth to such claim? I bring this for further discussion pointing to an historical fact: the granting of Native Americans (Indians) of their land ownership that is limited to their own people.

If the feds accommodates it, why can't it extend the same rights to NMI Islanders in the name of equality?

LETTERS TO THE EDITOR

Some thoughts about Article 12

Last of a two-part series

In the same breath, if we are too seek the true spirit of equality as embodied in the preamble of the CNMI Constitution, and which relies heavily on U.S. constitutional principles, a move toward a more inclusive land alienation policy that carves an area for established residents that call the CNMI their home will ultimately meet the essence of equal opportunity, mirroring the ideals in which the great nation of America was founded upon. American ideals also profess that person of humble beginnings could be an achiever regardless of national origin, ethnicity, and or economic considerations. Ideals that I think were manifested and could be grasped by many in the recent U.S. State of the Union address by President Obama. He said,

"...the simple, profound belief in opportunity for all—the notion that if you work hard and take responsibility you can get ahead...that here in America, our success should not depend on accident of birth, but the strength of our work ethic and the scope of our dreams...It's how the daughter of a factory worker is CEO of America's largest automaker; how the son of a bar-keeper is Speaker of the House; how the son of a single mom can be the President of the greatest nation on Earth."

Admittedly, Section 805 of the Covenant also provides a mechanism to revisit the land alienation provision after 25 years after the termination of the Trusteeship agreement. The holding clause argument might hold water but still, Section 805 also provides that the people of the Marianas or NMDs exclusively may elect to revisit it. And to add to the complex nature of the Cove-

nant agreement, a mutual consent clause is provided for any fundamental changes in the provisions of the Covenant agreement.

Is Article 12 of the CNMI Constitution still good for the long-term benefit of the CNMI and its people? Exclusively NMDs or a legally crafted inclusion of non-NMDs in the referendum will allow the electorate to respond to the land alienation provision, I surmise.

I maintain that my fascination and interest are on the legal development history of the provision, and connection to aspects of ethnography study, no more no less, and that if it seen as an intrusion into the complexity of island politics, it is unintentional.






Bryan Manabat

Chalan Kanoa, Saipan

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam Homepage: www.prh.noaa.gov/guam/

The Weather

5-Day Forecast for Saipan and Tinian

| TODAY | SATURDAY | SUNDAY | MONDAY | TUESDAY |
|---|---|---|--|---|
|  |  |  |  |  |
| Mostly cloudy and breezy with isolated showers. Northeast winds 15 to 25 mph. | Mostly cloudy and breezy with scattered showers and isolated thunderstorms. Northeast winds 15 to 25 mph. | Mostly cloudy and breezy with scattered showers and isolated thunderstorms. | Mostly cloudy and breezy with scattered showers and isolated thunderstorms. | Mostly cloudy and breezy with scattered showers and isolated thunderstorms. |
| ▲ 85° ▼ 75° | ▲ 84° ▼ 75° | ▲ 84° ▼ 75° | ▲ 85° ▼ 75° | ▲ 86° ▼ 75° |

Micronesia

| | | |
|---------------|----------------|-----------|
| Guam and Rota | Thundershowers | ▲ 86 ▼ 76 |
| Palau | Showers | ▲ 86 ▼ 75 |
| Yap | Partly Cloudy | ▲ 88 ▼ 76 |
| Chuuk | Thunderstorms | ▲ 84 ▼ 78 |
| Pohnpei | Showers | ▲ 85 ▼ 79 |
| Kosrae | Showers | ▲ 85 ▼ 79 |
| Majuro | Thunderstorms | ▲ 86 ▼ 80 |

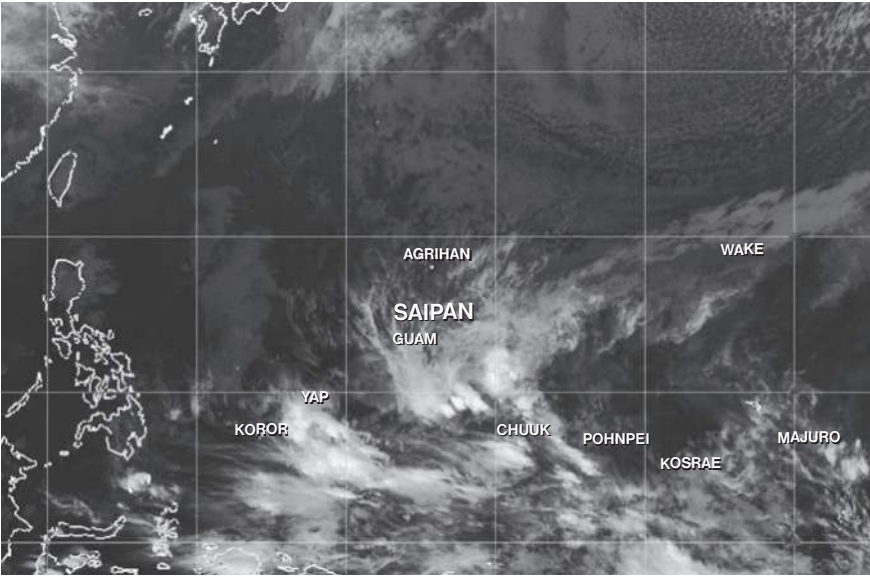
Around The Globe

| | | |
|----------------|---------------|-----------|
| Auckland | Mostly Sunny | ▲ 74 ▼ 62 |
| Beijing | Partly Cloudy | ▲ 48 ▼ 27 |
| Hong Kong | Partly Cloudy | ▲ 71 ▼ 66 |
| Honolulu | Partly Cloudy | ▲ 78 ▼ 69 |
| London | Showers | ▲ 46 ▼ 34 |
| Los Angeles | Showers | ▲ 66 ▼ 55 |
| Manila | Partly Cloudy | ▲ 86 ▼ 73 |
| Melbourne | Mostly Sunny | ▲ 73 ▼ 54 |
| Miami | Showers | ▲ 80 ▼ 62 |
| New York | Sunny | ▲ 23 ▼ 16 |
| Osaka | Mostly Cloudy | ▲ 56 ▼ 44 |
| Paris | Rain | ▲ 47 ▼ 39 |
| Pusan | Cloudy | ▲ 52 ▼ 44 |
| Rome | Showers | ▲ 58 ▼ 46 |
| Salem | Rain | ▲ 56 ▼ 41 |
| San Francisco | Showers | ▲ 61 ▼ 53 |
| Seoul | Partly Cloudy | ▲ 52 ▼ 34 |
| Tokyo | Partly Cloudy | ▲ 62 ▼ 45 |
| Washington, DC | Sunny | ▲ 33 ▼ 25 |

Tides

| Saipan Harbor | | | | |
|---------------|-------|------------|----------|--|
| 12:41 AM | Today | Low Tide: | 0.3 Feet | |
| 7:20 AM | Today | High Tide: | 2.0 Feet | |
| 1:08 PM | Today | Low Tide: | 0.8 Feet | |
| 6:34 PM | Today | High Tide: | 2.1 Feet | |

Yesterday's Satellite Image



PICTURE TIME: 1:00PM, THURSDAY, FEBRUARY 27, 2014
Western North Pacific between equator and 25N from 130E to 180.

A broad circulation the subject of a Tropical Cyclone Formation Alert by the Joint Typhoon Warning Center is centered south-southeast of Guam near 8N148E. Scattered to numerous showers and isolated thunderstorms are found generally on the north side of the circulation between Chuuk and the Marianas between 9N and 15N from 143E and 154E. For more information on the TCFA, see bulletins issued by the JTWC under WMO header WTPN21. A cold front extends southwestward from northeast of Wake Island at 25N174E to 17N163E then continues over Guam and the Marianas as a shear line to end north of Koror near 8N135E. Extensive cloudiness and patchy showers are found along and up to 300 miles northwest of this boundary. A near-equatorial trough extends east-northeastward from 2N130E to the developing circulation at 8N148E then turns southeastward south of Chuuk to end southeast of Kosrae at EQ170E. Scattered showers and a few thunderstorms are found mainly south of the trough axis well south of Koror, Yap and Chuuk between the equator and 5N from 134E to 157E and near Kosrae, Kwajelein and Majuro between 1N and 11N from 163E to 171E.

Sunrise/Sunset

| | | |
|----------|---------|---------|
| Today | 6:35 AM | 6:24 PM |
| Saturday | 6:34 AM | 6:25 PM |
| Sunday | 6:34 AM | 6:25 PM |
| Monday | 6:33 AM | 6:25 PM |
| Tuesday | 6:33 AM | 6:25 PM |

Moonrise/Moonset

| | | |
|----------|---------|---------|
| Today | 5:14 AM | 5:18 PM |
| Saturday | 6:05 AM | 6:19 PM |
| Sunday | 6:54 AM | 7:19 PM |
| Monday | 7:41 AM | 8:16 PM |
| Tuesday | 8:28 AM | 9:13 PM |

GET YOUR PICTURES AND ANNOUNCEMENTS PUBLISHED—FOR FREE

The *Saipan Tribune* accepts for FREE publication the following:

PICTURES

- ISLAND SNAPSHOTS Birthdays, baptisms, christenings, family gatherings, reunions, club activities, and other community-related events.
- BIRTHDAY GREETINGS A way for families and friends to greet their loved ones, accompanied by a picture of the person celebrating his/her birthday.
- BUSINESS Corporate donations, volunteer work, promotions, granting of awards, team-building exercises, meetings and other activities by members of the business community.
- SAMUT SARI Pictures from the islands' Filipino community, primarily focusing on Filipino activities, gatherings, get-togethers, volunteer work, etc.
- TRAVELOGUE Pictures of off-island travels. Contributors may submit up to 10 pictures for consideration.

ANNOUNCEMENTS

- COMMUNITY BRIEFS

Announcements of upcoming activities of organizations, community clubs, government agencies, and private companies.

CAMPUS BULLETIN

Announcements of upcoming activities in public and private schools, as well as calendar of activities. May include PTSA meetings, enrollment procedures.

REQUIREMENTS

For pictures:

- Photos should be original and not copyrighted. Contributors must have the right to allow the *Saipan Tribune* to publish the pictures.
- Digital pictures should be high-resolution (minimum of 800kb).
- Must have complete details (who, what, where, when), the name of contact person, and phone number.
- Photos must have been taken in the last two months.
- For birthday greetings, must be submitted no later than 12 noon of the previous day to make it to next day's edition.

For announcements:

- Must have complete details (who, what, where, when),

the name of contact person, and a phone number.

- Must be submitted no later than 12 noon to make it to next day's edition.

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 - Fax: (670) 235-3740
 - Mail: PMB 34, P.O. Box 10001, Saipan, CNMI 96950
 - Drop off: 2nd Floor, JP Center, Beach Road, Garapan, Saipan
- To check if contributions are received, call (670) 235-6397, 235-2440, 235-8747

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- For Travelogue, the *Saipan Tribune* reserves the right to choose which pictures to publish.

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FLIGHT SCHEDULE AS OF JANUARY 25, 2014

| DEPARTURES | ARRIVALS |
|--|---|
| SAIPAN-GUAM (GUM) UA5070 4:15am 5:05am Daily UA5068 8:40am 9:30am Daily UA5039 1:35pm 3:10pm 1, 4, 5, 7 via Rota UA5038 2:20pm 3:10pm 2, 3, 6 UA5078 6:05pm 6:55pm Daily UA5072 9:50pm 10:40pm Daily | GUAM (GUM)-SAIPAN UA5069 2:45am 3:35am Daily UA5071 7:15am 8:05am Daily UA5039 12:10pm 1:00pm 1, 4, 5, 7 UA5038 12:10pm 1:50pm 2, 3, 6 via Rota UA5077 4:45pm 5:35pm Daily UA5079 8:30pm 9:20pm Daily |
| SAIPAN-ROTA (ROP) UA5039 1:35pm 2:10pm 1, 4, 5, 7 | GUAM (GUM)-ROTA (ROP) UA5038 12:10pm 12:45pm 2, 3, 6 |
| ROTA (ROP)-GUAM (GUM) UA5039 2:40pm 3:10pm 1, 4, 5, 7 | ROTA (ROP)-SAIPAN UA5038 1:15pm 1:50pm 2, 3, 6 |
| SAIPAN-OSAKA (KIX) OZ119 4:00am 6:40am Daily | OSAKA (KIX)-SAIPAN OZ120 9:50pm 2:20am+1 Daily |
| SAIPAN-NARITA (NRT) DL287 6:00am 8:40am Daily DL297 4:30pm 7:20pm Daily | NARITA (NRT)-SAIPAN DL298 10:25am 3:00pm Daily DL288 8:55pm 1:30am+1 Daily |
| SAIPAN-BUSAN (PUS) OZ608 3:10am 6:20am 1, 4, 5, 7 | BUSAN (PUS)-SAIPAN OZ607 9:00pm 1:50am+1 3, 4, 6, 7 |
| SAIPAN-SEOUL (ICN) OZ606 2:10am 6:00am 1 OZ102 2:20am 5:50am 3 OZ606 2:40am 6:30am 2, 3, 4, 5, 6, 7 OZ6063 3:30am 7:20am 4, 7 (will increase eff Jan 29) DZ104 2:00pm 5:30pm 6 OZ604 3:20pm 7:10pm Daily | SEOUL (ICN)-SAIPAN DZ101 8:30am 2:00pm 3 OZ603 9:00am 2:20pm Daily DZ103 7:30pm 1:00am+1 6 OZ605 7:40pm 1:00am+1 7 OZ605 8:10pm 1:30am+1 1, 2, 3, 4, 5, 6 OZ6053 9:10pm 2:30am+1 3, 6 (will increase eff Jan 29) |
| SAIPAN-SHANGHAI (PVG) 3U8648 6:10am 8:40am 1, 4, 5, 7 | SHANGHAI (PVG)-SAIPAN 3U8647 10:40pm 5:00am+1 3, 4, 6, 7 |
| SAIPAN-BEIJING (PEK) MU764 4:00am 8:00am 1, 5 | BEIJING (PEK)-SAIPAN MU763 7:20pm 3:00am+1 4, 7 |
| SAIPAN-GUANGZHOU (CAN) 3U8646 4:20am 7:30am 2, 6 | GUANGZHOU (CAN)-SAIPAN 3U8645 7:40pm 3:00am+1 1, 5 |
| SAIPAN-MANILA (MNL) OZ606/701 2:10am 11:15am 1 via ICN OZ606/701 2:40am 11:15am 2, 3, 4, 5, 6, 7 via ICN UA5070/191 4:15am 9:05am 3, 6 via GUM DL287/473 6:00am 10:55pm Daily via NRT UA5068/PR111 8:40am 4:45pm 1, 3, 5, 6, 7 via GUM UA5039/183 1:35pm 9:30pm 5 via Guam UA5039/183 1:35pm 9:50pm 1, 4, 7 via Guam UA5038/183 2:20pm 9:30pm 2 via GUM OZ604/703 3:20pm 11:00pm Daily via ICN UA5078/183 6:05pm 9:50pm 1, 3, 4, 6, 7 via GUM OZ604/703 3:20pm 11:00pm Daily via ICN | MANILA (MNL)-SAIPAN OZ704/603 12:10am 2:20pm Daily PR110/UA5072 7:35am 5:35pm 1, 3, 5, 6, 7 via GUM DL172/288 7:45am 1:30am+1 Daily via NRT UA190/5077 9:55am 5:35pm 2, 7 via Guam UA190/5079 10:00am 5:35pm 3, 6 via GUM OZ702/605 12:30pm 1:00am+1 7 via ICN OZ702/605 12:30pm 1:30am+1 1, 2, 3, 4, 5, 6 via ICN UA184/5071 10:55pm 8:05am+1 1, 3, 4, 6, 7 via GUM UA184/5071 11:59pm 8:05am+1 2, 5 via GUM |
| SAIPAN-HONG KONG (HKG) OZ606/721 2:10am 11:50am 1 via ICN OZ606/721 2:40am 11:50am 2, 3, 4, 5, 6, 7 via ICN UA5068/179 8:40am 10:35pm 1, 5 via GUM UA5038/179 2:20pm 10:35pm 3, 6 via GUM OZ604/749 3:20pm 11:00pm Daily via ICN | HONG KONG (HKG)-SAIPAN OZ746/603 12:30am 2:20pm Daily via ICN OZ722/605 1:15pm 1:00am+1 7 via ICN OZ724/605 1:50pm 1:30am+1 1, 2, 3, 4, 5, 6 via ICN UA180/5071 11:10pm 8:05am+1 1, 3, 5, 6 via GUM |
| SAIPAN-TIANJIN (TSN) D2884 10:45am 2:45pm Jan 25, 30, Feb 4, 9, 14, 24 | TIANJIN (TSN)-SAIPAN D2885 4:45pm 12:20am+1 Jan 25, 30, Feb 4, 9, 14, 24 |
| SAIPAN-HANGZHOU (HGH) D2880 4:30pm 8:00pm Jan 28, Feb 2, 7, 12, 17, 22, 27 | HANGZHOU (HGH)-SAIPAN D2881 10:00pm 5:15am+1 Jan 28, Feb 2, 7, 12, 17, 22, 27 |
| SAIPAN-WUHAN (WUH) D2882 11:00am 3:15pm Jan 27, Feb 1, 6, 11, 16, 21, 26 | WUHAN (WUH)-SAIPAN D2883 5:15pm 12:20am+1 Jan 27, Feb 1, 6, 11, 16, 21, 26 |

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); 3U: Sichuan Airlines; MU: China Eastern; UA: United Airlines; DL: Delta Airlines; OZ: Asiana; VLK: Vladivostok Air; SYL: Yakutia Air; D: Dynamic Airways.

ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. The *Saipan Tribune* is not responsible for any changes in the schedule.)

FREEDOM AIR FLIGHT SCHEDULE

| Airline | ETD | ETA | Frequency | Airline | ETD | ETA | Frequency |
|----------------------|-------|-------|-----------|----------------------|-------|-------|-----------|
| Guam-Rota | | | | FRE 115 | 13:00 | 13:10 | Daily |
| FRE 100 | 7:30 | 8:00 | Daily | FRE 117 | 14:30 | 14:40 | Daily |
| Rota-Saipan | | | | FRE 119 | 16:00 | 16:10 | Daily |
| FRE 100 | 8:20 | 8:50 | Daily | FRE 121 | 16:40 | 16:50 | Daily |
| Guam-Rota | | | | FRE 123 | 17:40 | 17:50 | Daily |
| FRE 300 | 17:00 | 17:30 | Daily | FRE 125 | 18:30 | 18:40 | Daily |
| Rota-Saipan | | | | | | | |
| FRE 170 | 17:50 | 18:20 | Daily | | | | |
| Saipan-Rota | | | | Tinian-Saipan | | | |
| FRE 200 | 9:30 | 10:00 | Daily | FRE 102 | 7:05 | 7:15 | Daily |
| Rota-Guam | | | | FRE 104 | 7:50 | 8:00 | Daily |
| FRE 400 | 10:20 | 10:45 | Daily | FRE 106 | 8:20 | 8:30 | Daily |
| Saipan-Rota | | | | FRE 108 | 9:00 | 9:10 | Daily |
| FRE 400 | 18:55 | 19:25 | Daily | FRE 110 | 10:00 | 10:10 | Daily |
| Rota-Guam | | | | FRE 112 | 11:05 | 11:15 | Daily |
| FRE 400 | 19:40 | 20:10 | Daily | FRE 114 | 12:00 | 12:10 | Daily |
| Saipan-Tinian | | | | FRE 116 | 13:30 | 13:40 | Daily |
| FRE 101 | 6:45 | 6:55 | Daily | FRE 118 | 14:50 | 15:00 | Daily |
| FRE 103 | 7:30 | 7:40 | Daily | FRE 120 | 16:20 | 16:30 | Daily |
| FRE 105 | 8:00 | 8:10 | Daily | FRE 122 | 17:00 | 17:10 | Daily |
| FRE 107 | 8:40 | 8:50 | Daily | FRE 124 | 18:05 | 18:15 | Daily |
| FRE 109 | 9:10 | 9:20 | Daily | FRE 126 | 18:50 | 19:00 | Daily |
| FRE 111 | 10:45 | 10:55 | Daily | | | | |



NMI CRIME STOPPERS

Anonymous tips can now be submitted through the following:

- Call 234-7272 (PARA) on any telephone
- *11 on any PTI cellular phone
- Log on to the internet at www.nmicrimestoppers.com

MARIANA OCEAN**House of soap opens at Mariana Resort**

Mariana Resort & Spa will unveil tonight the latest addition to its growing family—Mariana Ocean.

The Marpi landmark's general manager, Gloria Cavanagh, said the new retail store will exclusively sell soap, bath salts, body and facial lotions, facial scrubs, lip balms and



lip butter, liquid body soap, body creams, and body and hair mist.

However, what sets Mariana Ocean apart from other outlets selling soap and other beauty products on island is that everything they sell at the newly opened store will be made on Saipan. Cavanagh said the vision

for Mariana Ocean came from no less than Mariana Resort's owner Yushihiro Kitami.

"Our president travels a lot and he gets ideas from different stores he's been to. He got the idea of a natural soap shop from a store in California. He went to a class in Japan to learn soap making. He actually made some soap also and some of the lip but-

See HOUSE on Next Page

MARIANA OCEAN

Congratulations
on your
Grand Opening

Greetings from *Hafa Adai!* **Saipan Tribune**
CNMI'S FIRST DAILY NEWSPAPER

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HOUSE

From Page 13

ter. This is the first time we're actually doing something retail other than Marianas Salt. Our president is the type of person that if he has an idea he wants everyone consumed in it until it's done."

Cavanagh said one of the first steps in making Kitami's dream for Mariana Ocean a reality was sending Mandi Asia Spa manager Miki Sato Ordonez to Japan for training in soap-making.

"We sent her to school to make her learn how to make soap and she found real interest. Miki trained three weeks and we also brought her teacher to Saipan for a week. The past two months Miki and her staff started developing different recipes and gave us samples. She even gave samples to me and I'm allergic to everything but everything was very good. They've so far developed 50 different kinds of scents."

Marianas Ocean's target market is all women, both local and tourists. All English signs at the two stores—they will also be opening another outlet in Garapan soon—will be in Japanese, Korean, Chinese, and Russian.

Cavanagh said some of the soap scents that have had great feedback are their ylang-ylang, plumeria, coconut, hibiscus, papaya, and lemon grass concoctions as well as those made from dried herbs and dried flowers imported from off-island.

"They are all handmade and it takes about a month or month and a half to cure the soap. I hope they really like it. I hope it's something they actually want to share with their families from off-island and buy them as gifts. It's kind of a novelty item and touristy gift."

Aside from the \$300,000 infusion to the local economy and the possible birth of another signature local item—soap—Mariana House will also be employing up to eight new workers to man its two locations. (Mark Rabago)



From the staff and management of

SABLAN TOPLINE CO., LLC

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Mind & Body



Hafa Adai!
Saipan Tribune
THE CNMI'S FIRST DAILY NEWSPAPER

ADVERTISING SUPPLEMENT
February 28, 2014

Bit by bit, a more fit workplace

By **RENE LYNCH**
LOS ANGELES TIMES

Nearly all of us need to make more time for fitness. Finding that time, though, can seem impossible.

But what if you could wedge that workout in at work? If it sounds far-fetched (or a great way to get yourself fired), listen up.

Dr. James Levine, an obesity expert at the Mayo Clinic, says Americans don't need to log more time at a gym. Instead, they need to banish their sedentary ways by incorporating easy bursts of activity from dawn to dusk.

He calls it NEAT fitness, which stands for non-exercise activity thermogenesis. In layman's terms, it means cranking up the body's calorie-burning abilities by weaving in near-constant movement—such as standing, walking, even pacing—at every opportunity. Becoming a body in motion that stays in motion could help you burn 500 or more extra calories a day. Combine that with smart food choices, and we could be well on our way to reversing the nation's ever-expanding waistline.

And Levine said he believes the best place to start is in the workplace.

If you're rolling your eyes, you might be guilty of what Levine calls "1930s thinking, to see employees (and the workplace) as merely tools of productivity." But "the really cool companies"—Google, Yahoo, Apple—"take the health and the happiness of their employees seriously," Levine said.

It's not just for altruistic reasons, of course. It's easier to keep health costs in line when employees are healthier, and a healthier workforce is a more



Kelly King munches on an apple while working at her desk at Stance, a designer sock company in San Clemente, Calif., Feb. 6, 2014. The company provides healthy snacks for employees and has a gym, skateboard bowl, basketball court and table games.

productive workforce, he said. "A healthy workplace is the way of the future."

Such a future might resemble the San Clemente, Calif., headquarters of Stance, an upscale sock company that tailors its line to Southern California's snow, skate and surf culture.

Chief Executive Jeff Kearl says the 4-year-old company has spent more than \$100,000 on employee perks such as a basketball court, a skateboard half-pipe, game tables and showers. A chef prepares healthful breakfasts and lunches. (On a recent Friday, employees rolled in to an array of freshly blended juices and homemade yogurt. Lunch revolved around a crunchy kale salad.) A gym, personal trainers and classes are coming shortly.

And it's not unusual for employees to clear out and head for the beach (just up the street)



Employees of Stance, a designer sock company in San Clemente, Calif., workout in the company's indoor basketball court, Feb. 6, 2014. Stance also has a gym and table games so employees have the opportunity to take a break from their desk jobs and are encouraged to exercise several times a day.

when the waves are just right.

"It may be hard for people to believe, but we have zero abuse," said Kearl, whose office runs by a "freedom and accountability" philosophy that loosely translates as: Just get your work done, OK?

Not every company is run like Kearl's or will hire the likes of a Levine to revamp their culture and facilities to make health and fitness a priority. So we asked Levine to help us come up with some ideas to try now. For free.

We realize all these ideas won't work for you.

But maybe a third of them will. And that would help you meet the U.S. Department of Health and Human Services recommendation that adults get at least 150 minutes a week of "moderate-intensity exercise"—the equivalent of walking at a pace of 20 minutes per mile.

ALTERNATIVE OFFICE FURNITURE TO AVOID SITTING AT A DESK ALL DAY

By **RENE LYNCH**
LOS ANGELES TIMES

Is it time for a standing desk?

To be honest, there is debate about whether a standing desk—in and of itself—can help reverse a sedentary lifestyle. But experts say it's a step in the right direction.

At the very least, a standing desk can serve as a constant reminder to weave more activity into our everyday lives, said Dr. James

Levine, an obesity expert at the Mayo Clinic who encourages businesses to embrace healthier workplaces.

Before you spend a penny, why not just find an empty box or milk crate and turn it upside down? Look for opportunities to use it as a perch to review notes, talk on the phone, sort mail, etc. Sit only when you need to focus on your computer screen. This experiment will help spark your own creative solutions to a more healthful workstation

and help you decide whether one of the following might suit your needs:

1 Got a treadmill acting like a clothes hanger in your spare bedroom? Then you could be halfway to a walking desk. Yes, a walking desk—a desk that wraps around a treadmill—is the hot new corner office accessory. One model on the market is the TrekDesk, an adjustable-height U-shaped desk that curves across the front of your treadmill, leaving

space for a laptop, an inbox, a phone and more. Yes, there are cup holders. Stroll along at a gentle pace—up to 2 miles an hour—while working. Or stand still when you need to focus. Price: \$479.

2 In all likelihood, you'll want a workstation that allows you to stand and sit. UpLift has an extensive line of desks in a variety of sizes, prices and designs that come with a motor that will allow you to easily switch back and forth. One we like is the UpLift

900, priced at \$769.

3 Money is no object? Check out the Elliptical Machine Office Desk at Hammacher Schlemmer. It's—gulp—\$8,000. It's spacious enough to include an area for just standing. Granted, this is probably more than you want to spend. But it could inspire you to supplement your home office with a piece of exercise equipment.

4 There's always a DIY approach: If you've got the space, you could use

a small coffee table or stool perched atop your existing work area. Or grab a reclaimed cabinet or armoire and set it alongside a traditional desk to give you the best of both worlds. Or just stick with your milk crate! (Just remember that if you are in earthquake country, you want to make sure your setup is secure.)

Do you have a standing desk? Care to share your experiences (and maybe even a picture?) Tweet me @renelynch and use the hashtag #LATfit.

Seventh-day Adventist Clinic: Caring with a smile

For over 40 years the Saipan's Seventh-day Adventist Clinic has been providing quality care with a smile to the people of Saipan. All of our dentists as well as dental hygienists are U.S.-trained. In addition to general dentistry such as fillings, extractions, and dentures, the clinic also specializes in treating small children who can benefit from services such as oral sedation (sleep dentistry) or general anesthesia dentistry, with an anesthesiologist by their side. Late last year the SDA clinic was fortunate enough to hire its own in-house orthodontist. Dr. Warren Creed, who has over 20 years experience, will be calling Saipan home for years to come. Dr. Robert Gatewood, a board-certified and U.S-trained periodontist, has been working with the clinic for years now, specializing in dental implants.

The Seventh-day Adventist Clinic is committed to making a positive difference in the oral health of the CNMI. Throughout the year the SDA has been involved in several outreach programs on island. The first Friday in February the clinic celebrated the 6th annual "Give Kids a Smile" program by opening the doors to all the children who do not have any dental insurance. In addition to free dental treatment the children were given free toothbrushes, dental floss, as well as informational material to take home for the parents to

Prevent cavities in young kids

Even though tooth decay can be prevented, dental cavities are still very common among our school age children. More than 40 percent of children between the ages of 2 and 11 have had a cavity in their baby teeth, and more than two-third of 16-19 year olds have had a cavity in their permanent teeth.

Despite all the efforts that have been made to decrease cavities in children, tooth decay has actually increased in preschool age children in recent years.

It is not all bad news; there are things that can be done to prevent cavities in young children. Such as;

- have children drink water and avoid drinks with sugar
- give children fruits and veggies and not candy/sugar
- switch from bottle to sip cup by 1 year old
- have your child visit the dentist at least once a year

The Seventh-day Adventist Clinic asks the general public to help in the fight against cavities by practicing healthy habits.



SDA Dental Clinic dental hygienist Lori I. Serna conducts an oral health presentation for elementary school students.

read. Through the month of February and October SDA sponsors various oral health presentations in the elementary public schools. These presentations are very helpful in educating the children on the importance of

taking care of their teeth.

The SDA clinic has been blessed with the support of the local community. It is our pleasure to provide quality service to our Saipan family. We would like to invite you to

take an opportunity to come by and see our facility or better yet schedule a free exam and find out how we can better serve you. Please call our office at 670-234-6323 for an appointment.



Dr. Warren Creed fixes the teeth of a patient during the "Give Kids a Smile" event on Feb. 7, 2014, at the Seventh-day Adventist Clinic.

JAYSON CAMACHO



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A heart-healthy diet can include flavorful foods

By SHARON THOMPSON
LEXINGTON HERALD-LEADER

In January, many of us chose a diet that would help us lose the pounds we gained over the holidays. In February—

American Heart Month—we focus on foods that are heart-healthy and might help you to lose some weight, too.

"There is no one 'superfood' or nutrient that can prevent heart disease," said registered dietitian Kathleen Stanley, left.

"Research has shown that diets that contain whole grains and fruits and vegetables, and are generally low in fats, can help reduce risk for heart disease."

According to statistics from the American Heart Association, heart disease affects

more than 82 million Americans. We know the steps to take to reduce the risk: Don't smoke, lower blood pressure if it is high, eat a healthy diet (low in saturated fat, low in trans fat, low in cholesterol, low in salt), stay active, achieve and main-

tain a healthy weight, follow medical advice, and see your physician regularly.

You can change your diet immediately by reducing the amounts of cholesterol and saturated and trans fats you consume.

"These fats are the type that can build up inside your blood vessels, restricting blood flow or even clogging up a blood vessel. You can help prevent cholesterol and fat buildup by avoiding foods that are high in cholesterol such as organ meats, dairy products made from whole milk, lard, egg yolks, butter, fat-back, meat grease. You can reduce the amount of saturated fats and trans fats in your diet by reading the labels of products to find products low in these two types of fats," Stanley said.

Stanley, coordinator of diabetes, health and nutrition Services at Baptist Health Lexington, said that despite the efforts of health professionals to encourage Americans to reduce the amount of sodium in their diets, Americans still consume more sodium than they need each day.

According to the Institute of Medicine, daily sodium intake should be less than 2,300 milligrams a day.

The American Heart Association recommends using fresh herbs for sodium-free flavor in dishes.

A simple first step is to eat

more fruits and vegetables, which are naturally low in fat, sodium and calories, and do not contain cholesterol.

"Fruit and vegetables also provide fiber, which may help reduce risks for heart disease, diabetes and certain cancers," Stanley said. "Other nutrients in fruits and vegetables are being studied to better determine if they have a significant role in prevention of heart disease, such as flavonoids from citrus fruits, lycopene from tomatoes, carotenoids from kale, and various other antioxidants.

"Until we learn more about these specific components, eating a wide variety of fruits and vegetables is a smart choice."

You can achieve a balanced diet simply by filling your shopping cart with an ample supply of fresh fruits and vegetables, whole grain products, fresh lean meats and low-fat dairy products. Skip the aisles with processed foods and sugary/salty snacks, Stanley said.

She recommends using the USDA "My Plate" method. For more specifics, go to ChooseMyPlate.gov.

Following an exercise program also will help to achieve and maintain a healthy weight. "If you are overweight or obese, reducing your body weight by as little as 7 to 10 percent can reduce your risk of heart disease," Stanley said.



Healthy Choices at McDonald's

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|--------------------|--------|---------|
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| | | Per day | Total | |
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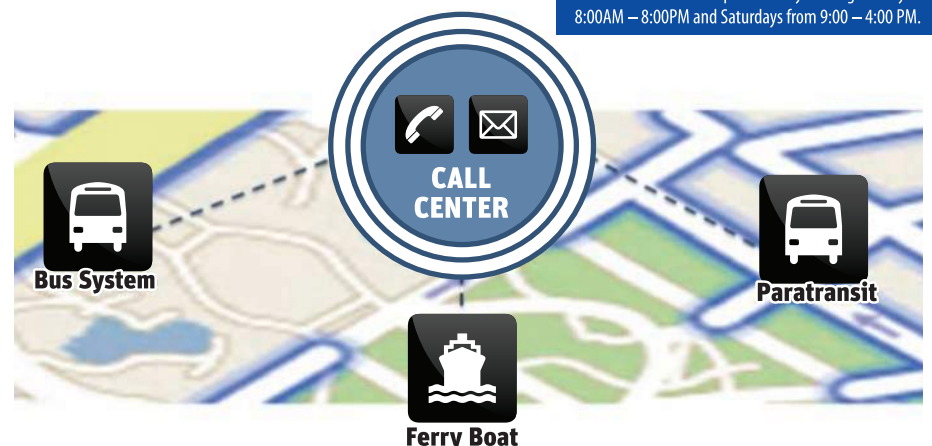


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IT&E promotes physical fitness among employees



IT&E's gym at the back of their Susupe office features a treadmill, Bowflex, free weights, and a stationary bike.

JAYSON CAMACHO

IT&E, the leading telecommunications network in the Marianas, wants to motivate their employees to be physically active. To that end, the company has opened a new fitness center at their Susupe office.

The fitness center features a range of workout equipment such as an Elliptical, a treadmill, a Bowflex, a stationary bike, and free weights. It also has two shower rooms and a bathroom located at the right side of the gym, a small pantry for making fitness shakes or drinks, and TV set.

It is free for employees to use during lunch or when they're off duty. Employees may use the gym between 7am to 9pm.

IT&E's general service manager Ed Javier said they installed the gym to encourage employees to be fit.

"We want to push our employees to be healthy," he said.

Other fitness programs are also available for IT&E employees. They have Zumba three times a week with an instructor and a new paddling program

on Tuesdays and Thursdays.

IT&E employees also get a discounted fee every month at Gold's Gym.

Other programs are still waiting to be implemented. "We hope to expand more," Javier told *Saipan Tribune*.

Javier said that IT&E is committed to motivating their employees to pursue a healthier lifestyle and be more physically active.

IT&E is also promoting health and fitness in the community through cell phone apps such as WebMD, which provides health information and decision-support tools; Lose It! for daily calorie budget, tracking food and exercise, and staying motivated to make better choices; First Aid American Red Cross, which gives advice for everyday emergencies; and My Diet Coach II, Calorie Counter, and Healthy Recipes Free, for healthy recipes and eating.

For more information call IT&E at 682-4483 or visit their website at www.ITE.net. (Jayson Camacho)



The fitness center also has shower rooms for the convenience of employees after their workouts.

JAYSON CAMACHO



A pantry for water and making of shakes and drinks for employees during and after workouts.

JAYSON CAMACHO



The gym also features an Elliptical and a TV workout show.

JAYSON CAMACHO

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Hydrating with Saipan Ice & Water

By THOMAS MANGLONA II
CORRESPONDENT



Staying hydrated with clean and pure water is one of the most important things a person can do for their health.

Saipan Ice & Water, established in 1985 as the island's first water company, has done this for almost three decades now for the people of Saipan. Pioneered by the late Anthony Pellegrino, and now under the management of his grandson Andrew Morishige, the company plays a vital role in keeping Saipan's families and youth healthy.

Their product undergoes a thorough purification process. The 7,000 cases of water bottles that the company distributes locally on a monthly basis are cleaned and sanitized



CONTRIBUTED PHOTO

Saipan Ice & Water products come in different convenient sizes.

by a nine-chamber machine. The technology ensures that the bottles are free from outside contaminants and the finished products are tested daily by onsite chemists. The water remains untouched by human hands to make sure that water is at the best standard possible. According to marketing director and treasurer Regina Morishige, the purification process also involves a double disinfection, which includes a pre-treatment of chlorine and UV light.

"This is especially important since we live in a tropical climate," she said.

All of their products are certified by the military and Food and Drug Administration and the company stands as the sole water company on island that produces water bottles. The bottles are made out of PTA plastic—the internationally preferred form of commercial plastic for food due to the lowest BPA leaching.

Morishige told *Saipan Tribune* that the company has many plans in store for new products and improvements. The company is expected to receive new small bottling equipment that will increase their production levels and allow them to work more efficiently. The company is also "going green" by venturing into the recycling business by working with local schools and businesses.

"We also will improve our service to our customers and we are constantly improving our facilities and maintaining them to keep the best environment possible for our water," she said.

More recently, the company formed a partnership with the Northern Marianas Trade Institute. Students from the school will have the opportunity to review projects and learn from the company's mechanics on the work they are currently doing on the business' vehicles.

"This will help us to give back to the community and give them a good local education on car mechanics so that the local workforce can grow in this area of expertise," Morishige noted. "This will

also help the trade school with funding and growing their program."

A sport's drink is also in the research stage of developing for Saipan Ice & Water. Morishige said the idea is to not only provide a local sports drink, "but to also make it healthy with C and B vitamins."

The company is also taking the extra mile to work with local sports teams by donating a sum of money to fund their activities and encourage healthy living. New labels featuring local artists are also in the future for the company.

Saipan Ice & Water is also known for being active in the community. Cases of water for non-profit and for-profit organizations at events in the community are donated by the business.

Morishige shared that community members are welcome to tour their facilities by making an appointment.

"We value and appreciate our community. We want to not only serve

you the best water possible but provide the community with a valuable resource and support local programs whenever possible."

The company also produces fluoridated water for customers who want to keep their teeth and gums healthy. According to the American Dental Association, this type of water is the best defense against tooth decay.

Besides being the sole automated bottling company and producing their own water bottles, Saipan Ice & Water goes beyond the monthly Department of Environmental Quality's monthly standards, "where all the other competitors stop," according to Morishige.

At the end of the day, Morishige said the ultimate vision for the company is to continue Pellegrino's dream: "To be number one, not in sales or market share, but in terms of the quality of our products, management and customer service."



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Cellucor COR-Performance Whey, 4 lbs.
Dymatize Elite Casein, 2 lbs
Gaspari Nutrition MyoFusion Elite Protein, 2 lbs.
Met-Rx Protein & Oats, 2lbs
Muscle Pharm Combat, 4 lbs
Muscle Pharm Combat, 2 lbs
Muscle Pharm MuscleGel Shot 12 gels
MuscleTech Nitro-Tech 2 lbs
MuscleTech Phase8, 2 lbs
MuscleTech Phase8, 4.4 lbs
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Optimum Gold Standard 100% Casein 4 lbs
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CytoSport Monster Mass 5.95 lbs
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Dymatize Super Mass Gainer 12 lbs
Gen8 Vitargo S2 10 Serv.
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Now Arginine & Ornithine 250 capsules
Now Guar Gum 8 oz
Now L-Carnitine 500mg, 60 caps
Now 8 Billion Acidophilus & Bifidus, 60 caps
Now 8 Billion Acidophilus & Bifidus, 120 caps
Now BerryDophilus 60 chws
Now Ultra Omega-3 90 Softgels
Now Omega-3 200 Softgels
Now Soy Isoflavones 60 vcaps
Now ZMA 90 capsules
Optimum Fish Oil 100 softgels
Optimum Fish Oil 200 softgels
Optimum Opti-Men 90 tabs
Optimum Opti-Men 180 tabs
PrimaForce Pro Liver 90 caps
Top Secret Nutrition Digestive Enzymes 15 caps
Twinlab Betaine Hcl 100 Caps
Universal Nutrition Animal Flex, 44 paks
Youth Addict DHEA25 100 capsules
- CREATINE**

Arnold S. Series Iron Cre3 30 servings
Beast Sports Creature 10 grams
Bodybuilding.com Micronized Creatine, 100 grams
Bodybuilding.com Micronized Creatine, 200 servings
BPI Sports Build-HD 30 servings
BPI Sports Creatine Alkaline 28 caps
BPI Sports Creatine Alkaline 120 caps
Dymatize Creatine, 500 grams
Dymatize Creatine, 1000 grams
Infinite Labs CarnoCre 7 Servings
Jay Cutter Elite Series Amino Pump 285 Grams
Muscle Pharm Creatine, 300 grams
MuscleTech Cell Tech 3 lbs
MuscleTech CreaCore 80 servings
Optimum Micronized Creatine Powder, 150 grams
Optimum Micronized Creatine Powder, 300 grams
Optimum Micronized Creatine Powder, 600 grams
Optimum Creatine 2500, 100 caps
ProMera Sports Con-Cret 24 servings
ProMera Sports Con-Cret 48 servings
ProMera Sports Con-Cret 48 caps
Twinlab Mega Creatine Fuel, 60 caps
Universal Nutrition Creatine 300 grams
- GLUTAMINE**

Bodybuilding.com Micronized Glutamine, 200 servings
Bodybuilding.com Micronized Glutamine 1000, 30 capsules
BPI Glutamine Alkaline, 100 grams
Muscle Pharm Glutamine, 300 grams
Optimum Glutamine, 1000 grams
Optimum Glutamine 1000mg, 60 caps
- FAT BURNERS**

BPI Sports B4, 30 caps
BPI Sports Stim-Elite 90 gm
BSN Hyper Shred 90 caps
Cellucor Super HD, 60 caps
Grenade Thermo Detonator 100 Caps
Hydroxycut Pro Clinical 72 caplets
Hydroxycut Pro Clinical Drink Mix 21 packets
MHP Xpel 80 Caps
Muscle Pharm Shred Matrix, 120 caps
MuscleTech Hydroxycut Hardcore Elite, 12 ThermoCaps
MuscleTech Hydroxycut Hardcore Elite, 100 ThermoCaps
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USPLabs OxyELITE Super Thermo Powder 130gm
USPLabs OxyELITE Protein 2 lbs.
USPLabs OxyELITE Pro, 90 caps

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PHI PHARMACY

Supplying Saipan's vitamin AND nutrition needs

Now is the best time to stock up on your vitamin and fitness product needs, as the oldest and the premier pharmacy on island, PHI Pharmacy, is offering a 35-percent discount on nutritional supplements and vitamins at both its

Navy Hill and Dandan outlets.

In addition, PHI Pharmacy is also offering 25 percent off on ALL over-the-counter items during the promotion period.

"We periodically do this promotion approximately six times a year. We'll have a sale 25 percent off OTC items and 35 percent off on fitness products

and vitamins. That's because we want to encourage people to have access to these products," said PHI Pharmacy owner Bruce Cohen.

A known fitness buff, Cohen said PHI Pharmacy has seen its stock of vitamin and fitness product items grow exponentially as more and more island

residents shift to a more active lifestyle.

The types of items stocked are for the novice as well as the serious athlete. It is very important that the fuel you put into your body to attain your best performance and appearance is the best quality. PHI Pharmacy only brings in the highest quality nu-

tritional products and vitamins.

Aside from vitamins and nutritional products they already carry, Cohen said PHI Pharmacy is also willing to go the extra mile for their customers and order products they don't carry from off-island.

"We take requests from people who read fitness maga-

zines and browse through fitness websites. It amazes me that there are a lot of products online not available for shipping to Saipan but now they can just go to PHI Pharmacy and they can pick up the products. If we don't have the product that they want, we can order it for them."

The most important things about modifying your lifestyle to attain weight loss or fitness are nutrition and exercise. Exercise can mean just walking after work or performing more intense training for a sport or fitness goal. Nutrition takes more effort, eating clean, and selecting the most appropriate supplements. It takes a lot of discipline to exercise and eat correctly.

"Exercise is a portion of it but diet and nutrition is an even larger portion of changing your lifestyle. We've had many, many people taking fitness vitamins and supplements who've changed their lives."

PHI Pharmacy staff also counsel people on the different vitamins and nutritional supplements that they carry.

"We talk with them about what they're doing, whether it's swimming, cycling, weights, Trench Tech, and all the different athletic events on island about what products they should be taking. We spend time with people and put them on a regimen. No one should be afraid to take baby steps—walk along Beach Road or participate in different walks that a lot of organizations like the cancer society and the diabetic society hold."

Cohen equates proper nutrition to the type of fuel you use in a car.

"When you're putting good food into your body, you are giving your muscles the nourishment they need to perform and grow. This is not true only for bodybuilders but also for people who ride bikes, people who run, and people who perform other serious training. It's also for people who do any sort of athletic activity. It's like if you have a car and you're going to put 87 octane fuel into it and you're going to run it around a track, it's not going to make it. You need 91 percent octane or higher and it's going to run much better. It's the exact same thing with nutrition. You put clean food into your body that has the proper blend of protein, carbohydrates, and fat along with supplements it's going to allow you to perform better."

Also in the works for PHI Pharmacy is a discount card for regular customers in order for them to avail 25 percent off in the pharmacy's two outlets all year-round.

"We're giving 35 percent discount for all nutritional and vitamin products. Generally people who come to the store who are regulars we give \$25 percent off. We're thinking of starting a formal card for them. We do have a group of hard-core people who buy products on a regular basis and this is a sort of reward for them." (Mark Rabago)

Do you have concerns about your baby's growth and development?



How does your child play compared to other children their age? Has your child loss any skills that they used to have? (Used to say "mama" but no longer does) Call the Children's Developmental Assistance Center (C*DAC) for a FREE developmental screening! Services are provided for FREE at NO COST to all families!

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NEWBORN HEARING SCREENING PROGRAM

Babies learn from the time they are born. One of the ways they learn is through hearing. When a baby is born with hearing loss, many sounds and voices are not heard, and the child's speech and language development can be delayed. CHCC implemented newborn hearing as a standard of care and all babies get their hearing screened shortly after birth.



Ask if your baby passed the test. If you have concerns or your baby needs follow up call 236-8709.



Commonwealth Healthcare Corporation

Printing funded by the Universal Newborn Hearing Screening Grant under the U.S. Department of Health and Human Services, Health Resources and Service Administration.



SPREAD THE WORD, NOT THE FLU!!!

Get your annual influenza vaccination.

The CHCC Division of Public Health's Flu W.A.T.C.H. wants to teach all you Kung Flu Fighters about what WATCH stands for.

- W** **WASH** your hands with soap for at least 20 seconds especially when you are sick with the flu.
- A** **AVOID** others when you are sick and please AVOID touching your eyes, nose, and mouth because germs spread this way.
- T** **TEACH** others how to prevent the flu by being a Kung Flu Fighter!!!
- C** **COVER** your coughs and sneezes with a tissue, sleeve, or in your shirt and **NOT YOUR HANDS!!!**
- H** **HAVE** a plan in case you get sick.

For more information, please contact
CHCC's Immunization Clinic

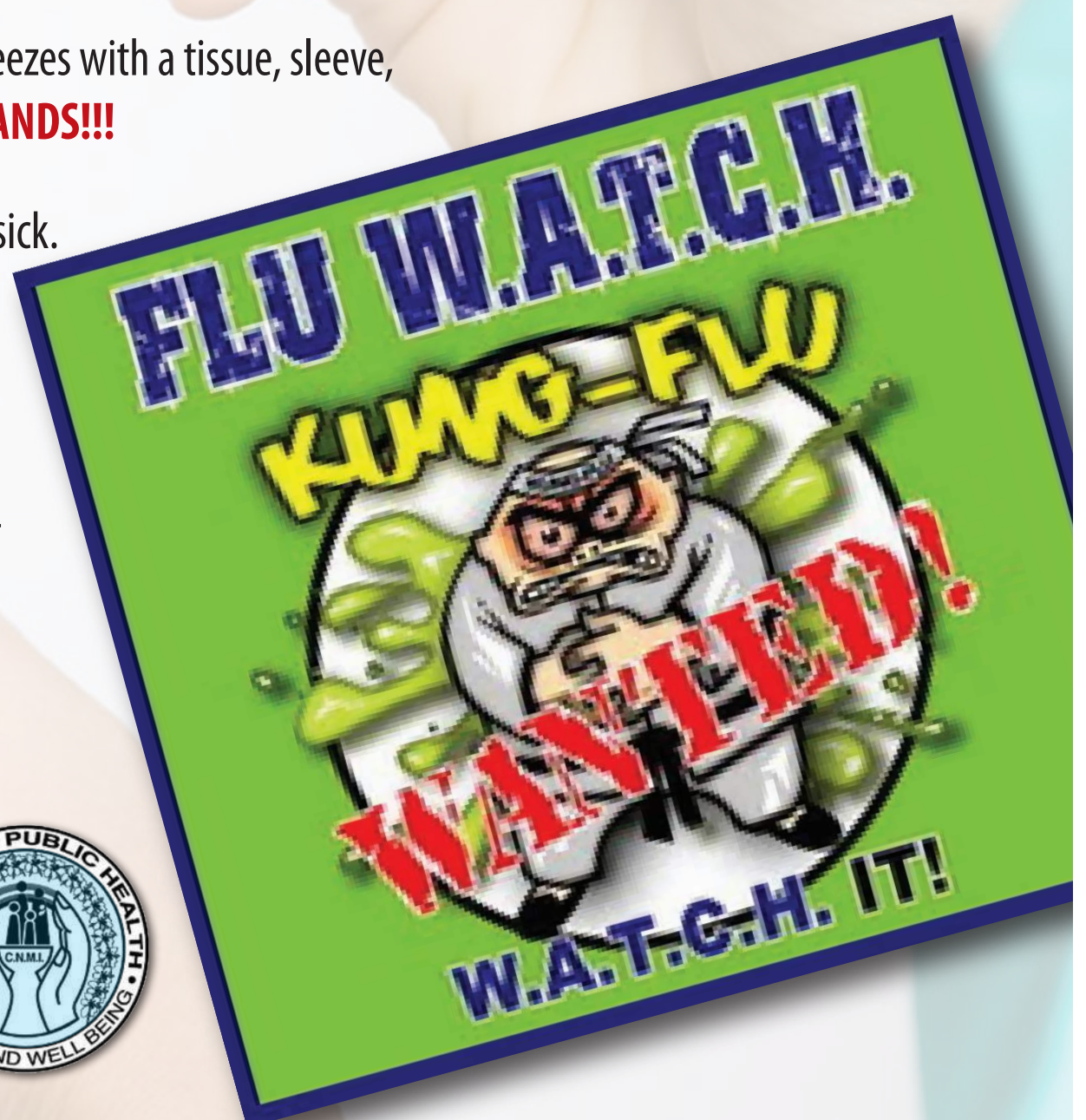
Tel. Nos.:

Saipan: 236-8745/8780/8781/8708/8734

Tinian: 433-9233

Rota: 532-8700.

No appointment is necessary.



Brisk walking, light tennis can reduce women's stroke risk

By MARY MACVEAN
LOS ANGELES TIMES

Researchers have found that women who took part in moderate exercise, such as walking briskly or playing tennis, resulted in a significant reduction in risk of having a stroke.

And the best bet is to get moving now.

"The benefits of reducing risk of stroke were further observed among the group of women who had a sustained moderate

level of physical activity over time," said Sophia Wang, the study's lead author and a professor at the Beckman Research Institute at the City of Hope.

It's hardly news that people of both sexes who exercise are healthier than those who do not. And the National Stroke Association has long recommended activity as a way to ward off strokes.

The researchers in the current study presented their findings Thursday at the American Stroke Association's international conference in San

Diego. (The American Stroke Association, an offshoot of the American Heart Association, is separate from the National

Stroke Association.)

Wang and her colleagues analyzed information from the 133,479 women in the Califor-

Your teen is just as stressed as you are, study discovers

By DEBORAH NETBURN
LOS ANGELES TIMES

LOS ANGELES—Teenagers in America report they are just as stressed out as adults, according to a new study by the American Psychological Association.

And during the school year, many teens report even higher stress levels than adults.

In an online survey of 1,018 teens and 1,950 adults conducted in August, the average stress level reported by teens during the school year was 5.8 on a 10-point scale where 1 is least stressed and 10 is most

stressed. Adults reported an average stress level of 5.1.

Teens were a bit more relaxed in the summer, though, when their reported stress level fell to 4.1.

"We assumed that teens experience stress, but what was surprising was that it was so high compared to adults," said Norman Anderson, chief executive of the APA. "In adulthood there are work pressures, family pressures and economic pressures, but adolescents still reported higher levels of stress."

Eighty-three percent of kids said school was responsible for at least some of the stress in their life. They were also stressed out about finding time to manage all their activities, with 59 percent of kids citing that as a stressor.

Money and work are the most dominant sources of stress for adults, according to the report. More than half of adults (69 percent) report work is a significant source of stress. A smaller percentage (59 percent) report the economy in general stresses them out.

And stress is not distributed equally throughout the teen world. Teen girls are more stressed than teen boys (5.1 to 4.1), and overweight kids are more likely to be stressed than normal-weight kids (5.2 to 4.4).

So how do we de-stress these kids? Exercise might help. Teens who exercise at least once a week reported lower average stress levels than teens who exercised less frequently. But just 38 percent of kids say they turn to exercise to relieve stress. More teens turn to video games (46 percent) or going online (43 percent).

Anderson said the best thing a parent can do to help a stressed-out teen is to acknowledge that adolescent stress is real and to model good stress management behaviors.

"Having your own regular exercise routine and going to bed at an adequate time yourself may even be better than telling teens to do these things," Anderson said. "You're not instructing, you're showing them."

6th Annual JP and Diabetes Awareness Walk

Tan Holdings believes that health is extremely important and the company looks for ways to encourage team members to focus on wellness for a long and productive life. On Saturday, March 1, 2014, Tan Holdings is sponsoring the 6th annual three-mile Annual JP and Diabetes Walk in honor of and in dedication to the memory of our former Tan Holdings executive, John "JP" Pangelinan. The walk is intended to bring awareness to the issue of Diabetes and its prevention, and will also raise funds for the Marianas March Against Cancer Foundation.

Saturday, March 1, 2014

Registration starts at 5:00am and ends at 6:00am at Beach Road Pavilion, across JP Center

- \$5.00 registration fee (includes food coupon and raffle ticket)

Proceeds will benefit the Marianas March Against Cancer Foundation

- Refreshments and raffle prizes will be available at the Susupe Beach Park finish line

Lots of prizes are up for grabs including (1) round trip ticket for two to Guam with free hotel accommodations for two nights

- Free Blood Sugar and Blood Pressure testing by NMC Nursing Club volunteers
- Free Cancer information by the Commonwealth Cancer Association (CCA)

For more information, please contact Ms. Becky Tenorio at 235-2440 ext. 118 or send an email to becky_tenorio@tanholdings.com

Once again, let us support this event and commemorate our beloved JP.

Healthy Living

Calcium

Calcium, the body's most abundant mineral, is essential for healthy bones, teeth, nervous system, muscles and blood clotting.

Where to find it

- In addition to dairy and soy products, beans, dark greens, sardines, corn tortillas, calcium-fortified foods are good sources

© 2014 MCT
Source: University of Michigan Health System



How to add a workout at the workplace

By **RENE LYNCH**
LOS ANGELES TIMES

Ways to add more movement to your workday include taking the stairs, pacing while on the phone and marking walking trails.

1 Walk or bike to work once a week.

2 Don't park your car in the spot closest to the front door. Instead, find the parking stall farthest away. (Of course, take security into consideration.)

3 Stairs, no elevators.

4 Stop the impulse to email. Instead, get up off your duff and walk to a colleague's desk to deliver a work message.

5 Walk 15 minutes before work. (That's 7 1/2 minutes in one direction, and then turn around.)

6 Walk 15 minutes at lunch.

7 Walk 15 minutes after your shift ends.

8 Walk 15 minutes after you park your car at home. Boom. You just put in an hour's worth of walking.

9 Consider commuting at least once a week. Walking to and from a bus or train stop could be a nice way to break up the routine.

10 Get a headset, or a long handset cord, and pace while talking on the phone or listening to a conference call.

11 No room to pace? Then stand at your desk. (See sidebar on desk options.)

12 Boss won't spring for a standing desk? Then just stand while you're sorting mail.

13 Stand while you're reviewing your schedule for the day.

14 Stand while you're reading paperwork or riffling through files.

15 Need to catch up with a colleague to dissect a hot date? Do it over a walk, not while standing at the water cooler. Speaking of walking and gossiping, how about:

16 Walk-and-talk meetings.

17 Standing meetings.

18 Create "walking trails" in your building. Levine suggests different colored pieces of duct tape, and signs, to let trail walkers know just how far they've gone.

19 Relocate your mailbox to the opposite side of the building.

20 Use the bathroom on the opposite side of the building.

21 Same goes for the microwave.

22 Ditto for the refrigerator.

23 Repeat for the water cooler.

24 And the coffee maker.

25 And the trash can.

26 Find a coffee spot that's a brisk 10-minute walk away. Make a point to walk there three times a week.

27 Bosses! Take your employees for coffee at aforementioned coffee shop. Conduct a walk-and-talk meeting along the way.

28 Operation #PedometerWars: Challenge your co-workers to get to 10,000 steps a day on their pedometer or fitness tracker. (See sidebar on favorite models.)

29 Put social media to work. Post your fitness tracker results to Twitter and Instagram each day. Use the hashtag #LATFit and #PedometerWars so we'll see it too and help cheer you on.

30 Start a walking club. Three times a week, meet before or after work for a 30-minute walk. (Everyone starts together but proceeds at their own pace.) Do it indoors and you never have to worry about the weather.

31 Grab your GPS and map out simple walking routes outside the office. Come up with a variety of distances. Create maps. Distribute.

32 Create friendly challenges among co-workers or departments. Tally up step counts once a month: Losers buy the winners a healthful lunch.

33 Find a race that's friendly to walkers. Twice a week, co-workers can gather for a walking session and then everyone trains on their own the rest of the time. You can do the Revlon 5K Run/Walk in Los Angeles on May 10, which raises money for cancer research. Keep it up and walk the Long Beach Half Marathon on Oct. 12. (Again, everyone lines up together at the start line but proceeds at their own pace.)

34 Unleash your inner "Top Chef." Once a week, hold a healthful potluck. Everyone brings in a recipe. Vote. Crown a winner. Share the recipe.

35 Instead of Friday night happy hour, how about Friday night healthy hour? Bring in wholesome snacks to share before walking over to the local watering hole for a drink. (Think of all the money and junk-food calories you'll save on bar food.)

36 Replace the office candy dish with a fruit jar.

37 Replace the office candy dish with a nut jar.

38 Throw out the office candy dish.

39 Scout out fast-and-healthful lunch options that are a brisk walk away. Share the menus.

40 Twice a week, brown bag a healthful lunch.

41 Leave the lunch in a cooler in your car and walk to your car at lunchtime to retrieve it.

42 After eating at your desk, walk the cooler back to the car. (That can all count as No. 5.)

43 Bring your cooler in when you arrive for work, and then walk to a park to eat lunch.

44 Consider the businesses within walking distance of your job. Can you get in some walking while knocking out errands before or after work, or at lunch? Think about the dry cleaner, post office, pharmacy, farmers market.

45 Set an alarm to go off every hour on the hour. When it does, get up and take a short, brisk stroll or stand and stretch — and then get back to work.

46 Bring your coffee in a Thermos, and you can make your coffee break a walk break.

47 Start a private Facebook page and use it to share workouts, websites, recipes and anything else that will keep everyone encouraged.

48 Do you have a place that would be great for yoga, Pilates or guided meditation classes? Consider finding instructors to conduct classes before or after work.

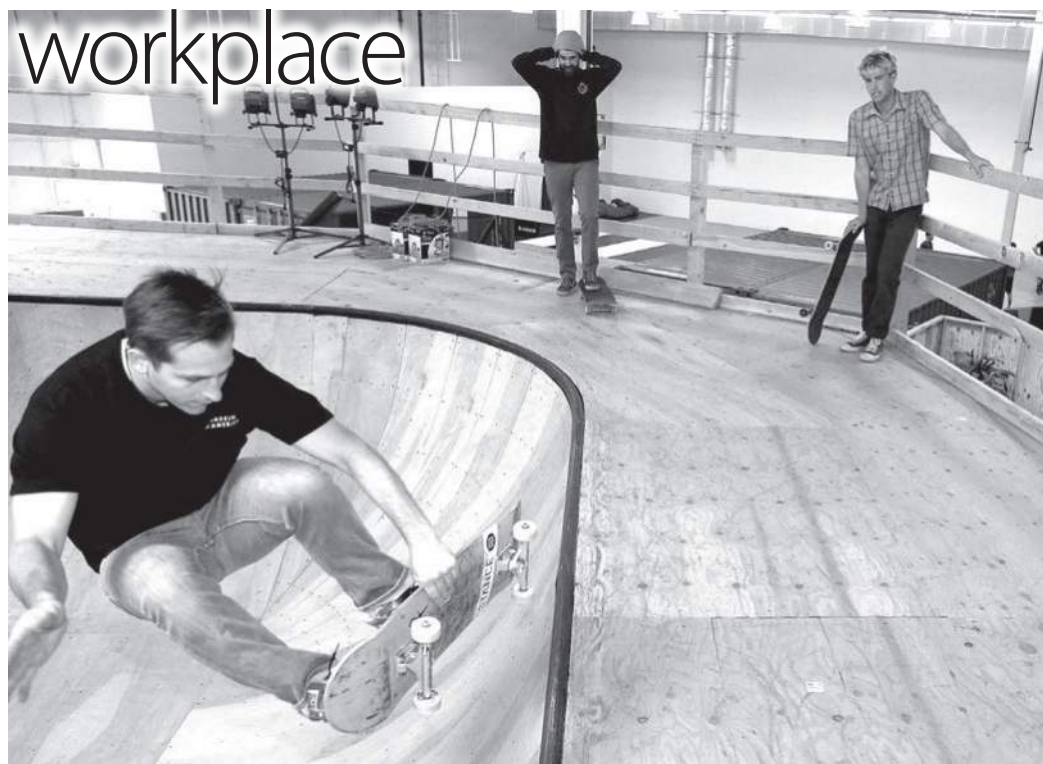
49 Want to amp up the workday workout? Levine suggests a portable hydraulic stepper under your desk. Break it out during lengthy conference calls.

50 Instead of a traditional desk chair, consider a stability ball, Levine said.

51 Turn fitness into a game of tag. When you're "it," you must complete a walk of a certain distance or activity before passing the baton to a colleague. "The more creative, the better," says Levine. "The idea is to make it dynamic, fun and playful."

Levine encourages challenging employees to come up with their own no-cost exercise equipment that they can stow under their desks. One woman, he recalled, made hand weights out of jars filled with sand collected on a family vacation. She couldn't help but smile when she reached for the weights and did light arm exercises while listening in to conference calls. Another office used fitness challenges to settle friendly arguments. And one created "steps" using reclaimed wood that employees stepped up and down on during no-sit meetings.

If you have a suggestion to add to our list, let us know: Tag us on Twitter and Instagram using the hashtag #LATFit and #PedometerWars (See No. 28). Contact the writer: Rene.lynch@latimes.com.



Tyler Cannon, manager of international sales, skateboards at Stance, a designer sock company in San Clemente, Calif., Feb. 6, 2014. The company also has an indoor basketball court, gym and table games so employees have the opportunity to take a break from their desk jobs and do vigorous workouts.

LOS ANGELES TIMES/MCT



Commonwealth of the Northern Mariana Islands Office of the Governor OFFICE OF VOCATIONAL REHABILITATION

Navy Hill – Bldg. N2

P.O. Box 501521, Saipan, MP 95950

Tel: (670) 322-6537/38 Fax: (670) 322-6536

TTY: (670) 322-6449; E-Mail: nmidir@ovrgov.net Website: www.ovrgov.net



MISSION

It is the mission of the Office of Vocational Rehabilitation to increase employment and promote independence among eligible individuals with disabilities throughout the Commonwealth of the Northern Mariana Islands.

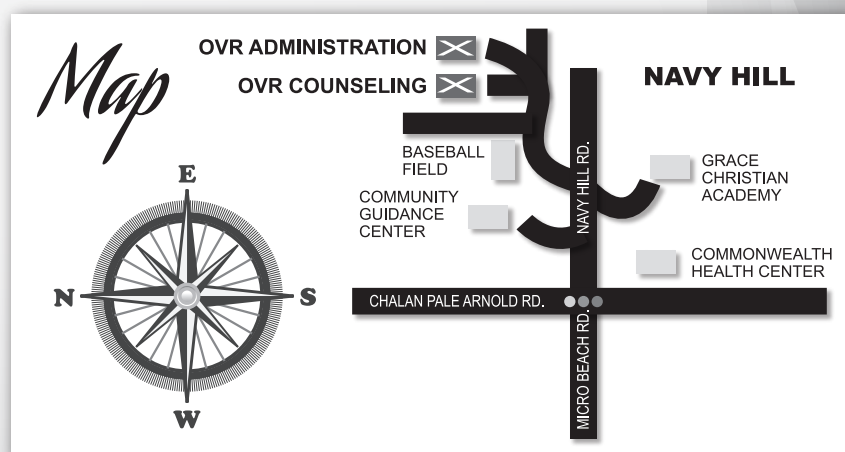
ELIGIBILITY DETERMINATION

An applicant is eligible for vocational rehabilitation services if the individual:

- Is an individual with a disability; and,
- Has a physical or mental impairment which for such individual constitutes or results in a substantial impediment to employment; and can benefit in terms of an employment outcome from vocational rehabilitation services; and
- Requires vocational rehabilitation services to prepare for, secure, or retain employment; and
- Has legal status to allow employment in the CNMI or the United States.

ORIENTATION

Orientations are every Tuesday at 9:00 a.m. Appointments must be made by calling Magdalene (Maggie) P. Reyes at 322-6537/38.



OVR promotes health and wellness for optimal living.

"Together we can build a future"

By MICHAEL VITEZ
THE PHILADELPHIA INQUIRER

PHILADELPHIA—Eternal rest can't be too far off—Bernice Gordon is 100—but for two nights recently, she didn't sleep. Didn't even get into bed.

The primary reason was a crossword puzzle she was constructing for the Los Angeles Times.

And there was the Australian Open tennis tournament as well.

Bernice, who lives at Atria Center City, an assisted living community in Philadelphia, in an apartment overlooking Logan Square, has been creating crossword puzzles since she was a young widow, home evenings with two small sons and needing something to engage her mind.

She was rejected repeatedly at first. "My child," her mother scolded, "if you would spend as much time on cookbooks instead of crosswords, your family would be happier."

Luckily, she didn't listen. Since her first puzzle was published in the New York Times in 1952, crosswords have given Bernice a lifetime of happiness, friendships, even love.

As she has grown very old, limited by walker and wheelchair, puzzles have become a refuge, where her world remains vast and challenging and rewarding. She corresponds with the nation's leading puzzle editors, who regard her as a regal figure.

"I just revere Bernice," said Will Shortz, the New York Times puzzle editor, who came to Philadelphia Jan. 12 for her 100th birthday party. Three days later, Bernice became the first 100-year-old ever to have a puzzle in the Times—62 years after her first.

Bernice is one of 62,000 Americans 100 or older, though relatively few remain as sharp as she. It may be that her mind is so healthy because she works it out so rigorously. Research shows that those with an active mind in old age tend to have better acuity and less dementia.

Bernice still has a goal: create one puzzle a day.

But some take her as long as a week, and the L.A. Times puzzle presented a special challenge. (Spoiler alert for anyone in Los Angeles.)

She had FANNYPACK and FENNELTEA and FONDUEPOT and FUNNYBONE as the theme, but coming up with a FIN entry—and then fitting all five in alphabetical order—was bedeviling.

On top of all this, if she is not the most passionate fan of the world's top-ranked tennis player, Rafael Nadal, she may be the oldest. She watched all of the Spaniard's matches live—in the middle of the night in Philadelphia.

At 3 a.m. she e-mailed John Samson, puzzle editor for book publisher Simon & Schuster, and also a lover of Nadal and Spain:

"Juan, I am positively worn out. That was some close game!"

After a 5 a.m. bath, Bernice was restored—and completed her puzzle. She leaves her apartment only with a wheelchair. At home, she uses a walker for every step. Yet she can still climb over the lip of her tub—an Olympic-caliber feat for a centenarian.

Surgeon Richard Rothman has replaced each of her hips twice—the first replacements wore out. She also has arthritic knees. A hot soak is her sanctuary.



Bernice Gordon creates a crossword puzzle on her computer at home. She stays in touch with publishers by e-mail - at all hours, as she works doggedly at getting the puzzles just the way she wants them.
PHILADELPHIA INQUIRER/MCT

Clues to keep an active mind

"Oh, it was so hard," she said the next morning of the L.A. Times puzzle. "I never went to bed." She did take afternoon naps. "The answers had to be in order, AEIOU. I couldn't get a grid. It was fierce. To get it symmetrical was bad, bad, bad, bad."

Her final theme words were FINK-OUT. She admired the puzzle on her screen.

"Isn't it gorgeous?"

Bernice Biberman was raised in Philadelphia's Germantown neighborhood. Her father was a Russian Jew whose family fled the pogroms. He arrived in Philadelphia illiterate at age 8, and sold pencils on the street. He rose to vice president of L'Aiglan, a dressmaker at 15th and Mount Vernon Streets.

"I was brought up in the lap of luxury," Bernice said. "I never made a bed. I never washed a dish."

Her two older sisters attended college at the Sorbonne.

"When my year came," she said, "Mr. Roosevelt closed the banks, so I had to settle for Penn."

She graduated in 1935 with a degree in fine arts.

After college, she married Benjamin Lanard, 20 years older, cofounder of the commercial real estate firm Lanard & Axilbund.

They shared a beautiful life, traveled the world. He died at 52. She was 32.

She started making puzzles, married Allen Gordon.

"He died at the age of 52, like my first husband," she said. "Died in the same hospital as my first husband. Died with the same doctor and the same disease and the same nurses, 20 years later. A repeat performance from top to bottom. Cancer of the liver, both of them."

She raised two sons from her first marriage, a daughter from the second.

"Bernice's themes and puzzles are almost always straightforward, not at all gimmicky or tricky," said Rich Norris, puzzle editor at the Los Angeles Times. "Yet there's an elegance in her simplicity. She finds relationships among words that are so obvious when you first see them that you wonder why you've never seen this before."

"One of my favorites," he said, "was a puzzle in 2011 where the four theme clues were Obie, Odie, Opie, and Okie. The answers were all 15 letters ... THEATRICALAWARD GARFIELDSFRIEND CHILDINMAYBERRY MANFROMMUSKOGEE...which is no minor achievement. Molding an answer to a certain length and keeping it smooth is a talent in itself."

Shortz has favorites, too, such as this name-puns theme from 1994:

ROSEGARDEN (Place for Pete?)
POWERHOUSE (Place for Tyrone?)
CROSSPATCH (Place for Ben?)
FOSTERHOME (Place for Jodie?)

Samson added: "The first Bernice Gordon puzzle I had the pleasure of editing was called 'Place the Names.' The theme was considered a tricky one at the time, involving names of famous people merging into cities and countries."

"For example, one clue was 'Soul singer seen in subcontinent?' and the answer was FRANKLINDIA (Aretha's surname merging into India)."

Typically, Bernice will propose a theme, and if editors approve, she will complete the grid and write the clues. A grid must look the same when rotated 180 degrees, a design challenge. Bernice for decades created grids with pencil and graph paper, but a granddaughter put puzzle software on her computer 12 years ago, so she now modifies her grids with a mouse click.

Shortz loved the theme for the puzzle that ran after her 100th birthday.

Bernice had proposed: CARIBBEAN BLACKKEYEDP AFTERNOONT GEOGRAPHYB.

Shortz wanted her to work in two more phrases: ONLYU and WELLC.

She continually revises her clues, trying to improve them. Editors have the prerogative to change them. Her clue for GEOGRAPHYB initially was, "Annual contest sponsored by a D.C. society." It appeared as, "It's all about location, location, location."

For seven years, Bernice has eaten lunch and dinner with the same women: Sophy Cohen, 99, who moved in the same year as Bernice and is like a sister; Evelyn Levitsky, 92; and Jacqueline Cotter, 92.

The four meet at noon at one table, and again at 4:45 p.m. across the Atria dining room, at another. Two come by wheelchair, two by walker.

At lunch the other day, the quartet sat mostly in silence, spooning lentil soup, sipping cranberry juice through a straw.

"After 10 years, there's not much conversation," Sophy said. "We know all the stories inside and out. So we just sit and relax."

Evelyn recalled the first time she entered the dining room. "I stood and looked and didn't know where to sit. Bernice approached and asked me to eat with her. She sort of saved me. We've been together ever since."

The Census Bureau estimates 442,000 centenarians by 2050. James Vaupel, a Duke University demographer and head of Germany's Max Plank Institute for Demographic Research, thinks that is too conservative, and estimates one million American centenarians by 2050.

"Most babies born in the U.S. since 2000 will ... celebrate 100th birthdays," he said, but relatively few will be as sharp as Bernice.

Yaakov Stern, a neuropsycholo-

gist at Columbia University, said that 15 years ago, researchers in aging thought that exercise and mental stimulation just kept the brain fit, improving neural networks that already existed.

But new research involving imaging, he said, shows that these activities actually reshape the brain, helping grow new neurons.

Stern said he's pathetic at crosswords, and one need not be Bernice Gordon. Gardening or even socializing can constitute a rich brain activity.

Bernice had much fun at her party. A great-nephew flew in from Seattle, a granddaughter from California. Her surviving son came from Arizona; her daughter and granddaughter from Chester County, Pa. A godson in Florida sent 100 roses. Samson, of Simon & Schuster, sent orchids.

The sheet cake depicted a crossword puzzle.

Her son said he saw two lessons in his mother's longevity: "You got to be tough to get through life, and you're never too old to be creative, to work, to enjoy what you're doing."

Shortz said he's hoping to publish a puzzle of Bernice's when she's 101.

But Bernice won't be disappointed if she doesn't reach that milestone.

A few days after her party, asked her feelings about death, she said: "It's not far away, and I'm quite ready. I'm in pain constantly, and it's not easy. It's not a happy existence. I'm content here because I love my apartment and I have the things around me that I love, and of course doing crossword puzzles is wonderful. It makes me think, takes me into another world."

Then she began to explain her latest idea for a theme, recasting a popular quote.

Instead of, "Where there's a will, there's a way," she was noodling with, "Where there's a will, I want to be in it"

Navy, Air Force share career advice with Guam students

YIGO, Guam—Sailors and airmen stationed on Guam spoke to hundreds of students about their military careers during career day at F.B. Leon Guerrero Middle School in Yigo on Feb. 26.

The event was an opportunity for service members to educate students about the various jobs in the military.

"Walking in through the spaces and interacting with all the kids, you could feel the energy and excitement," said Helicopter Sea Combat Squadron 25 Commanding Officer Cmdr. Gregory Leland. "We are grateful to spend some time with the kids here and with the teachers and the administration."

Leland and several members

from the squadron discussed their search-and-rescue operations in Guam and in the region. The sailors also showed students how some of their equipment work by demonstrating procedures with rescue straps and other gear.

Assistant principal Mariann Lujan said the military's participation shows their great support of the school and career day lets students talk directly to the service members to gain insight into possibilities after graduation.

"We are really happy with the partnership," she said. "It's an awesome opportunity for our students now to see the different careers that are available for them that they don't normally



JESSE LEON GUERRERO

Helicopter Sea Combat Squadron 25 Commanding Officer Cmdr. Gregory Leland talks about the emphasis his Navy command places on teamwork during career day event at F.B. Leon Guerrero Middle School in Yigo, Guam Feb. 26.



JESSE LEON GUERRERO

Naval Aircrewmen 1st Class John McCracken, from Helicopter Sea Combat Squadron 25, explains the capabilities and uses of an MH-60S Knighthawk helicopter during career day at F.B. Leon Guerrero Middle School in Yigo, Guam Feb. 26.



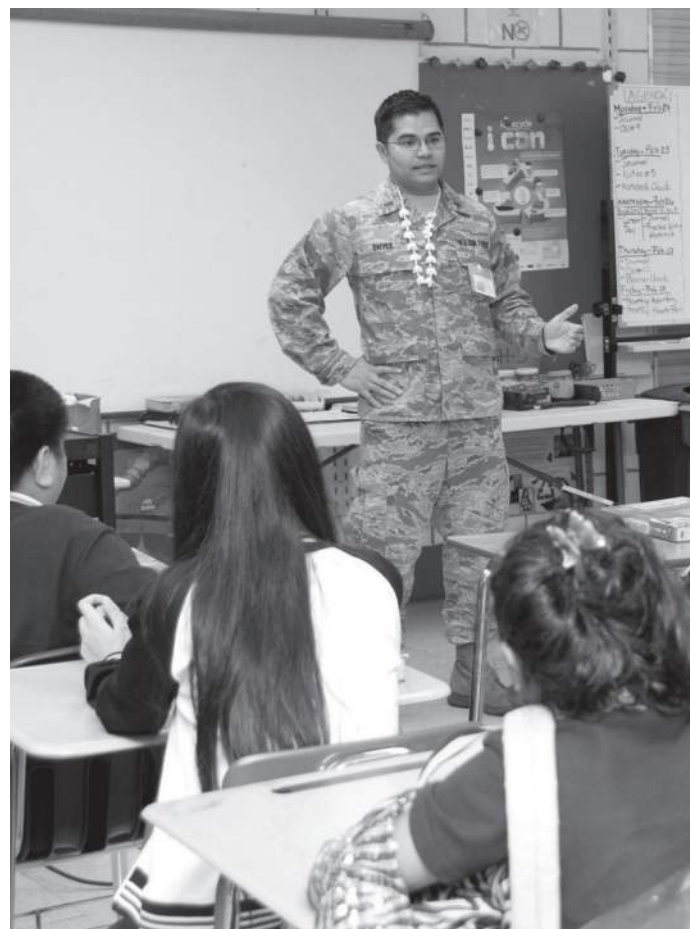
JESSE LEON GUERRERO

Lt. Andrew Bradstreet, from Helicopter Sea Combat Squadron 25, discusses how to become a naval officer during career day at F.B. Leon Guerrero Middle School in Yigo, Guam Feb. 26.



JESSE LEON GUERRERO

Naval Aircrewmen 2nd Class Joseph Grajeda, right, and Naval Aircrewmen 1st Class (NAC) John McCracken, both from Helicopter Sea Combat Squadron 25, demonstrate how to secure a rescue strap as part of the command's search-and-rescue procedures during career day at F.B. Leon Guerrero Middle School in Yigo, Guam Feb. 26.



JESSE LEON GUERRERO

2nd Lt. Daniel Dwyer, of 734th Air Mobility Squadron, discusses his responsibilities as the officer-in-charge of aerial transport operations with students during career day at F.B. Leon Guerrero Middle School in Yigo, Guam Feb. 26.

International Buffet

ISLA CAFE Every Mondays to Sunday
6:00pm to 9:30pm
Regular price: \$22.00 with 20% local discount
Children 4 to 11 yrs old: \$11.00

Weekend Lobby Food Fair!

EVERY FRIDAY AND SATURDAY
6:00 - 9:00PM
Food \$1.00, \$2.00 and \$3.00 menu

Kanoa Resort
Saipan

BIRTHDAY SHOUTOUTS

Happy birthday nina Asuncion Wabol Nekaifes! On this special day, I wish you all the very best, all the joy you can ever have and may you be blessed abundantly today, tomorrow and the days to come! May you have a fantastic birthday and many more to come! From you goddaughter Davizin Carmen Zareena Camacho Nekaifes and the family.



Happy birthday Ariel C. Leon Guerrero! Celebrate your birthday like you mean it. Go wild. Go have fun. No worries today but I will help you apologize tomorrow. Greetings come from the family.



Happy 4th birthday to our "Princess Elsa," Jadine Nicole Palacios Pangelinan! We hope you enjoy your special day and wish you many more to come. We love you very much! Love, Mommy, Daddy, Damon and family.

FOA presents 'Rent' this weekend

The Friends of the Arts is pleased to announce its upcoming production of *Rent*, the rock musical, with music and lyrics by Jonathan Larson. The play is based on Giacomo Puccini's opera *La Bohème*. The award winning musical tells the story of a group of impoverished young artists and musicians struggling to survive and create in New

York City's Lower East Side, living the bohemian life in the early days of HIV/AIDS.

Performed both off- and on-Broadway, the show won a Pulitzer Prize and, later, a Tony Award for Best Musical. The Broadway production closed on September 7, 2008 after a 12-year run of 5,123 performances, the ninth longest-running Broadway show at the time.

The FOA performance, under the direction of Leo Goode and the music direction of Paul Dujua, and with a talented local cast, will bring to Saipan the bohemian lifestyle of New York and the fear and acceptance of HIV/AIDS.

Rent will have three performances: Feb. 28, March 1, and March 2, at PIC's Charley's Cabaret. All three shows will

start at 7pm.

Ticket cost is \$15 for a non-FOA adult, \$12 for a FOA member adult and \$8 for students, to include college students and children over age 4.

Tickets can be purchased from Frank Gibson at 287-7476 or flgibson@yahoo.com, or from Susan Fishman-Tudor and 287-7476 or susanftudor@mac.com. (FOA)

ERRATUM

The captions for these two photos, which were published in yesterday's edition of the *Saipan Tribune*, were inadvertently switched. We are republishing the photos here with their correct captions.



Edward H. Bastian, president, Delta Air Lines receives the Airline of the Year award from Karen Walker, chief editor, Air Transport World magazine during the Annual Airline Achievement Awards held in Singapore Feb.10.

CONTRIBUTED PHOTO

Richard Anderson, chief executive officer, Delta Air Lines accepts the Airline of the Year Award from Karen Walker, chief editor, Air Transport World magazine when ATW first notified Delta of the award in Atlanta in January.

CONTRIBUTED PHOTO

**PROCUREMENT AND SUPPLY
CNMI GOVERNMENT**

**INVITATION TO BID
ITB NO.: ITB14-COTA/FTA-061**

SUBMISSION DATE: MARCH 18, 2014 TIME: 10:00 A.M.

**"SUPPLY, DELIVERY, INSTALLATION AND TECHNICAL SUPPORT
FOR THE PURCHASE OF FIVE (5) FARE CARD SYSTEM UNITS FOR
THE COMMONWEALTH OFFICE TRANSIT AUTHORITY"**

THE SPECIFICATIONS FOR THIS PROJECT WILL BE AVAILABLE ON OR AFTER, **FEBRUARY 21, 2014** AT COTA, OFFICE OF THE SPECIAL ASSISTANT FOR PUBLIC TRANSPORTATION, 2ND FLOOR, NMI RETIREMENT FUND BUILDING, ISA DRIVE, CAPITOL HILL, SAIPAN.

THIS IS A FEDERALLY FUNDED PROJECT; BIDDERS ARE REQUIRED TO COMPLY WITH FTA FEDERAL CONTRACT CLAUSES AS APPLICABLE.

THE GOVERNMENT RESERVES THE RIGHT TO REJECT ANY OR ALL PROPOSALS AND TO WAIVE ANY IMPERFECTIONS IN ANY PROPOSAL IF, IN ITS OPINION TO DO SO, WOULD BE IN THE BEST INTEREST OF THE GOVERNMENT. ALL PROPOSALS SHALL BECOME THE PROPERTY OF THE CNMI GOVERNMENT.

/s/ THOMAS J. CAMACHO
SPECIAL ASSISTANT FOR PUBLIC TRANSPORTATION

/s/ HERMAN S. SABLAN
DIRECTOR, P&S

Commonwealth of the Northern Mariana Islands

NORTHERN MARIANAS HOUSING CORPORATION

Tel. (670) 234-6866/234-9447/234-7689/234-7670 - Fax. (670) 234-9021

Email: nmhc@nmhc.gov.mp

The Northern Marianas Housing Corporation (NMHC), as auctioneer and seller, hereby gives notice that all the rights, title and interests of NMHC in and to the following described real property will be sold at auction:

| | | |
|-------------------|------------------------------------|--------------------------|
| Lot No.: 003 D 16 | ADETFA ST. GARAPAN (Annex), SAIPAN | MINIMUM BID: \$83,700.00 |
| Lot No.: 003 D 22 | AEDTFA ST. GARAPAN (Annex), SAIPAN | MINIMUM BID: \$76,950.00 |

The auction will be open to the general public and will be held at NMHC's conference room, Garapan, Saipan, at 10:00 a.m. on March 17, 2014, subject to the following terms and conditions:

- Minimum Bid. The minimum acceptable bid for each property shall be \$(please see above).
- Reserve. The auction sale shall be held with reserve.
- Rights and Duties of NMHC as Auctioneer. Consistent with the custom and usage and applicable law of the Commonwealth of the Northern Mariana Islands governing auction sales with reserve, NMHC shall have the following rights and duties in conducting the auction sale:
 - To withdraw any property listed for sale in this announcement before sale or before a bid for such property is accepted.
 - To adjourn the sale without notice at any time before any specific property is struck off, without incurring any liability whatsoever thereby; and
 - To reject any and all bids.
- Bids. Tentative bids may be submitted in advance for any and all of the property listed in this notice. Such bids shall not be binding, except that the highest of such bids will automatically be considered the opening bid for the item. Bids may be entered in person, in writing, or by telephone to Mr. Jesse S. Palacios, Corporate Director, NMHC, P.O. Box 500514, Saipan, MP 96950; Telephone: 234-6866; Facsimile: 234-9021; or to Law Office of Vicente T. Salas, P.O. Box 501309, Saipan, MP 96950, Phone: 234-7455, Fax: 234-7256.
- Deposit; Payment. A deposit of ten percent (10%) of the purchase price must be paid on the day of the auction sale by cash, cashier's check or credit card (Visa or Mastercard). The remaining balance will be due within three (3) calendar days of the auction sale. Failure to make payment of the remaining balance within three (3) calendar days will result in forfeiture by the buyer of the ten percent (10%) deposit, and any and all of the buyer's rights, title and interest in any of the aforementioned property will automatically revert to NMHC.
- Change of Terms. NMHC reserves the right to change any of the terms of conduct and enforcement of sale by announcement, written or oral, made before the auction sale or at the commencement thereof, and such change or changes, by virtue of this clause, shall be binding on any buyer by constructive notice.
- Inspection and No Warranty. Bidders are cautioned to inspect the title and property. The interests of NMHC in the property are being sold "AS IS" and without warranty. Failure to inspect the real property or any related documents will not constitute a ground for any claim, adjustment or rescission by any buyer.

Dated this 18th day of February, 2014.

/s/ Jesse S. Palacios, Corporate Director
Northern Marianas Housing Corporation

COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS

CAPITAL IMPROVEMENT PROGRAM – OFFICE OF THE GOVERNOR

INVITATION TO BID ITB14-GOV-065

Roof Repair & Coating of the Ada Gymnasium & Guma Husitia - Judicial Complex

Governor Eloy S. Inos and Lt. Governor Jude U. Hofschneider, are soliciting sealed bids for the Roof Repair & Coating of the Ada Gymnasium & Guma Husitia - Judicial Complex

The project package will be available Tuesday, February 25, 2014 at the Governor's CIP Administrator's Office, Juan A. Sablan Administration Building, Capitol Hill. A \$25.00 non-refundable fee for the project package will be assessed. All interested bidders are required to include an Insurer Certification Clearance (ICC) in their bid packages in order to bid on this project. The ICC should be obtained at the Department of Commerce, Office of the Insurance Commissioner (OIC) on Capitol Hill.

Bidding procedures shall be in full compliance with the CNMI Procurement Regulations, as revised through May 24, 2001. All wage rates for employees performing the work, labor and services on this project shall be paid at the current U.S. prevailing wage rates established for the Commonwealth of the Northern Mariana Islands.

All questions regarding this project must be submitted in writing **no later than 4:30 p.m. local time on March 7, 2014** to Ms. Elizabeth Balajadia of the Capital Improvement Program, Office of the Governor, Juan A. Sablan Administration Building, Capitol Hill, Saipan, or faxed to (670) 664-2408.

Sealed bids must be marked **"ITB14-GOV-065"**. For bidders within the CNMI, an original and two copies of sealed bids must be submitted to the Director of Procurement and Supply, Lower Base, Saipan, no later than 10:00 a.m. Saipan local time, March 21, 2014. Bidders located outside of the CNMI may obtain an additional seven (7) working days for receipt of their bids by submitting a Notice of Intent to Bid. Notices of Intent to Bid must be received by the Director of Procurement & Supply no later than **10:00 a.m. Saipan local time March 21, 2014**, and must be transmitted via facsimile to (670) 664-1515, or via e-mail to procurement@pticom.com. For bidders located outside the CNMI, an original and two copies of sealed bids must be postmarked by the U.S. Postal Service or the official government postal service of a foreign country no later than March 21, 2014 and must be received no later than **March 28, 2014**. Note that failure to submit the required number of copies may be cause for rejection of a bid.

Bids will be publicly opened and read at the Division of Procurement and Supply, Lower Base, Saipan, at **1:00 p.m. Saipan local time, March 28, 2014**. However, if no notices of intent to bid are received from bidders outside the CNMI, bids will be opened at **1:30 p.m. Saipan local time, on March 21, 2014**.

For bids greater than Twenty-Five Thousand Dollars (\$25,000.00) a bid security of fifteen percent (15 %) of the bid amount must accompany the bid. Bid security shall be on a bid bond, in cash, by certified check, cashiers check or other form acceptable to the government. A surety company shall hold the certificate of authority from the U.S. Treasury as an acceptable surety or other surety acceptable to the Attorney General. Checks must be made payable to the CNMI Treasurer, with the name of the bidder and a notation on the face of the check: "Credit Account No. 44660". If a bid bond is submitted it must be accompanied by an Insurer Clearance Certification (ICC).

The bidder submitting the lowest responsive bid will be subject to a responsibility determination in conformance with the CNMI Procurement Regulations NMIC Section 70-30.3-245. The responsible bidder submitting the lowest responsive bid will be awarded a contract with the CNMI Government and will be required to deliver Performance and Payment bonds, each equal to 100% of the contract price greater than \$25,000.00.

Prior to the execution of the contract, the selected contractor shall submit:

- A current license from the bonding company showing that it has authority to issue bond in the CNMI, and
- A certification from the bonding company that the unencumbered value of its assets (exclusive of all outstanding commitments on other bond obligations) exceeds the penal amount of each bond.

A contractor submitting an unacceptable payment or performance bond may be permitted a reasonable time, as determined by the P & S Director, to substitute an acceptable bond prior to executing a contract.

Acceptable asset are only:

- Cash
- US Government Securities
- Stocks and Bonds traded on US Security Exchange
- Real Property owned in fee simple in US; and
- Irrevocable Letters of Credit

Performance time for completion of this project is sixty (60) calendar days upon issuance of Notice to Proceed. The daily amount of liquidated damages shall be greater of (i) one hundred dollars (\$100.00), or (ii) two percent (2%) of the contract price divided by sixty (60) calendar days, the contract time and will be assessed as delays beyond the established completion date.

All bid documents received shall become the sole property of the CNMI Government. The Government reserves the right to reject any or all bids and to waive any imperfection in a bid proposal that does not affect the elements of price, quantity, and delivery of the bid, in the best interest of the Commonwealth of the Northern Mariana Islands.

/s/ ELOY S. INOS, Governor
Commonwealth of the Northern Mariana Islands

/s/ Herman S. Sablan, Director
Procurement and Supply, DOF

Guam native, Marine brigadier general laid to rest



U.S. MARINE CORPS PHOTO
Official Marine Corps photo of Brig. Gen. Vincente "Ben" T. Blaz, who died Jan. 8 at the age of 85. Blaz was the first Chamorro, or native of the Marianas Islands, from Guam to achieve the rank of brigadier general.

CPL. DAN HOSACK

Lt. Gen. Richard Tryon, U.S. Marine Corps Forces Command commander, presides over the funeral of retired Marine Brig. Gen. Vincente T. Blaz at Arlington National Cemetery, Feb. 25, 2014. Blaz retired from the Corps in 1980 and went on to serve as Guam's non-voting delegate in the U.S. House of Representatives.

By LANCE CPL. DANIEL HOSACK
MARINE BARRACKS WASHINGTON, 8TH & I

ARLINGTON, Va.—During World War II, Guam was occupied by the Japanese. It was the only U.S. territory to be under enemy occupation during the war.

In the harsh environment of occupation, many people learned to be brave. One man even went on to climb the ranks of one of the world's finest fighting forces and serve in the U.S. House of Representatives.

On Feb. 25, Brig. Gen. Vincente T. Blaz, a long-time veteran of the Marine Corps, and native of Guam, was laid to rest at Arlington National Cemetery.

The full-honors ceremony was held at ANC with support from Marine Barracks Washington, D.C., personnel. Blaz's family was in attendance.

Blaz was born in Guam in 1928 and was a teenager during the three-year Japanese occupation of the island before it

was liberated by the U.S. Marines in 1944.

During the occupation, Blaz was forced to work for the Japanese.

In a February 1988 *New York Times* article, Blaz said he escaped the Japanese in 1944 by running away from the camp where he was being held. Blaz and two others were picked up by a squad from the 9th Marine Regiment.

He stayed with the Marines until the liberation of the island.

In 1947, he received a scholarship to the University of Notre Dame and graduated with a bachelor of science degree. He then went to officer candidate school and was commissioned in the Marine Corps in 1951.

In 1963, he earned a master of arts degree from George Washington University.

As a colonel, Blaz was the commanding officer of the 9th Marine Regiment, the same unit that liberated Guam in 1944. Later, he served with the Joint Chiefs of Staff in Washington, D.C. He was also the Marine Corps Deputy Chief of Staff for Reserve Affairs just before his retirement in 1980.

After serving in the Marine Corps for 29 years, Blaz was elected to the House of Representatives in 1984, representing Guam as its non-voting delegate.

During his time in the House he passionately sought to make Guam a commonwealth. He wanted residents of Guam to have the opportunity to vote on the federal level.

In an October 1991 *New York Times* letter to the editor, Blaz wrote that Guam

was "equal in war, but unequal in peace."

"Our casualties of war [in Guam] go far beyond those who have died in uniform," wrote Blaz in his letter. "As the only American civilian population held by the enemy during WWII, the atrocities and daily humiliations of that time is burned forever into our psyches. Yet the loyalty and love my people feel for the United States remains unabated."

Some of his personal awards include the Legion of Merit, Bronze Star Medal with a Combat "V", Navy Commendation Medal (with gold star) and Vietnamese Cross of Gallantry.

On Jan. 8, 2014, Blaz passed away at age 85.

He is survived by two brothers; a sister; two sons, Mike and Tom, and five grandchildren.



COMMONWEALTH PORTS AUTHORITY

Main Office: SAIPAN INTERNATIONAL AIRPORT

P.O. BOX 501055 • SAIPAN • MP 96950

Phone: (670) 237-6500 • Fax: (670) 234-5962

E-mail Address: cpa.admin@pticom.com • Website: www.cpa.gov.mp

NOTICE TO BIDDERS

SEALED BIDS for Terminal Improvements at the Tinian International Airport, Commonwealth of the Northern Mariana Islands, Project No. CPA-TA-002-08 will be received at the office of the Executive Director, Commonwealth Ports Authority, Francisco C. Ada / Saipan International Airport, P.O. Box 501055, Saipan, MP, 96950.

All Bids shall be sealed in an envelope and marked on the cover package outside as follows: Tinian International Airport, Terminal Improvements, Project No. CPA-TA-002-08 and must be submitted no later than **2:00 PM on FRIDAY, MARCH 21, 2014** to the Office of the Executive Director at the Saipan International Airport, at which time and place the sealed Bids will be publicly opened and read.

The Project, in general, consists of, but is not limited to, demolition, building and site improvements and includes concrete foundations, concrete slabs-on-grade, cast-in-place concrete, roof membrane, metal roofing, concrete masonry unit walls, non-structural metal framing, carpentry, gypsum board, ceramic tile, resilient flooring, acoustical ceilings, aluminum doors and frames, aluminum windows, glazing, door hardware, cabinetry, toilet partitions, toilet accessories, signage, flag poles, baggage conveyors, waiting room seating, painting, ventilation, air conditioning, plumbing, electrical lighting and power, complete and ready for use all in accordance with the Project Drawings and Specifications.

The Project is being financed by funds from CNMI Capital Improvement Program. The Contract award, if it is made, will be made within ninety (90) calendar days of the receipt of Bid Proposals. CPA reserves the right to hold such Bids in effect for one hundred twenty (120) calendar days from the date of Bid opening.

The Contract period for construction of the Project in its entirety shall be two hundred seventy (270) calendar days. Liquidated damages in the amount of three hundred dollars (\$300.00) shall be assessed the Contractor for each calendar day completion of the Project is delayed beyond the Contract completion date without approved excuse.

The apparent low Bidder may be subject to a thorough and comprehensive review of its qualifications and Bid Documents to ensure that they are "responsive and responsible." The review will include, but is not necessarily limited to, previous projects experience, financial capability, quantity and quality of equipment and personnel, and ability to secure bonding and insurance. If the apparent low Bidder is found to be not "responsive and responsible", their Bid will be rejected and the next lowest Bidder will be evaluated for qualifications.

All mechanics and laborers on the Project shall be paid no less than the minimum wage rate established by CNMI Law or the U.S. Secretary of Labor, whichever is higher. The Contractor shall take into account minimum wage increases that may be imposed in the CNMI over the life of the Contract. A copy of the CNMI Minimum Wage Rate Determination is included in the General Provisions, Section 70-25.

Each Bidder must complete, sign, and furnish the "Bidder's Statement on Previous Contracts Subject to EEO Clause", a "Certification of Non-Segregated Facilities", and the "Assurance of Disadvantaged Business Enterprises Participation", as contained in the Bid Proposal documents, with submission of their Bid Proposal.

A CD-Rom containing the Bid Proposal and Contract Documents, including Drawings and Specifications, may be obtained at the Office of the Executive Director, Commonwealth Ports Authority, Francisco C. Ada / Saipan International Airport, upon payment of **TWO HUNDRED FIFTY DOLLARS (\$250.00)** for each set of documents in electronic form, including the Bid Schedule. The payment is nonrefundable. Payment shall be made in cash, cashier's check or U.S. Postal money order made payable to the "Commonwealth Ports Authority".

A Pre-Bid Conference will be held at the Tinian International Airport, at **10:00 AM, FRIDAY, MARCH 7, 2014** to explain and clarify any questions regarding this Project. Attendance of the Pre-Bid Conference is mandatory. Questions should be submitted to the Executive Director, Commonwealth Ports Authority, in writing, at least seven (7) days prior to the Pre-Bid Conference date.

Bid Proposals shall be submitted on the Bid Proposal form included in the CD-Rom obtained from the Commonwealth Ports Authority. The Commonwealth Ports Authority reserves the right to reject any or all Bids submitted for: (a) any of the reasons set forth in this Notice to Bidders; or (b) any of the reasons set forth in the CPA Procurement Rules and Regulations regarding Bid rejection or cancellation; (c) any calculation error made in the Bid Schedule or misentry of the quantity of line items; or (d) sufficient justification exists that awarding the Project Contract would not be in the best interest of CPA. CPA further reserves the right to waive any defects in said Bids if, in its sole opinion, to do so would be in CPA's best interest.

The proposed Contract is under and subject to Executive Order 11246, as amended by Executive Order 11375, dated October 13, 1977, and Section 60-1.4(b) of the Regulations of the Secretary of Labor (41 CFR 60-1) as implemented by Section 152.61 of the Federal Aviation Regulations, and to the Equal Employment Opportunity (EEO) and Federal Labor provisions.

Each Bidder must supply all information required by the Bid documents and Specifications.

The EEO requirements, labor provisions, and wage rates are included in the Specifications. Bid Proposal documents are available for inspection at the Commonwealth Ports Authority office at no cost.

A Contractor having 50 or more employees and any subcontractor having 50 or more employees and who may be awarded a contract of Fifty Thousand Dollars (\$50,000.00) or more, will be required to maintain an affirmative action program, the standards for which are contained in the Specifications. To be eligible for award, each Bidder must comply with the affirmative action requirements.

In accordance with Title VI of the Civil Rights Act of 1964, minority business enterprises will be afforded full opportunity to submit Bids in response to this Invitation and will not be discriminated against, on the grounds of race, color, religion, sex, or national origin, in consideration for an award of any Contract entered into pursuant to this advertisement.

Women will be afforded equal opportunity in all areas of employment. However, the employment of women shall not diminish the standards or requirements for employment of minorities.

Each Bid shall be accompanied by either a Bid Bond issued by a U.S. Treasury listed surety company, Certified Check, or a Cashier's Check in an amount not less than ten percent (10%) of the Bid amount. Checks shall be made payable to the "Commonwealth Ports Authority".

The proposed Contract is under and subject to the foreign trade restrictions required by 49 CFR Part 30, Denial of Public Works Contracts to Supplier of Goods and Services of Countries that Deny Procurement Market Access to U.S. Contractors.

FOR THE COMMONWEALTH PORTS AUTHORITY:

/s/ JOSE R. LIFOIFOI
Board Chairman/Contracting Officer

Date: February 11, 2014

BEFORE THE COMMONWEALTH PUBLIC UTILITIES COMMISSION

COMMONWEALTH UTILITIES CORPORATION RATE PROCEEDING DOCKET 13-01

NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN that the Commonwealth Public Utilities Commission [Commission] will conduct a public hearing at **9:00 a.m.** on **Wednesday March 19, 2014** at the CDA Conference Room, CDA Building, Beach Road, San Jose to receive and consider evidence, discussion and public comment regarding that portion of Commonwealth Utilities Corporation's [CUC] July 5, 2013 petition for rate relief, as amended on November 8, 2013, which requested that the Commission approve a new large commercial customer standby charge. By Decision dated February 5, 2014, the Commission suspended the effectiveness of the proposed charge pursuant to §8432(a) pending further review. The Decision directed CUC to file supplemental testimony regarding: a) a cost analysis of the proposed charge; b) the revenue, which would be produced by the charge; c) comparable charges in similar jurisdictions; d) its impact on large commercial customers; e) CUC's plan to encourage large commercial customers to return to the grid; and f) the loss of revenue, which has resulted from the suspension. CUC has been directed to file this supplemental testimony on or before March 7, 2014. This testimony and the proposed standby charge will be posted on CUC's website for public view and examination. The Commission has directed that special notice be provided to CUC's large commercial customers, which have been identified as being subject to the proposed charge.

THE COMMISSION WELCOMES THE PUBLIC'S ATTENDANCE at the hearing. Public comments will be received at the hearing in accordance with the Commission's Guidelines for Public Comments as adopted on December 10, 2013. Persons who desire to formally participate in the hearing pursuant to 4 CMC § 8409(j) of Public Law 15-35 should on or before March 14, 2014 file with the Commission at the law office of Lillian Tenorio, Esq. on Plata Dr. Chalan Kiya, Saipan [phone: 670-234-7850; email: latlaw@pticom.com] an application and offer of proof in accordance with said section and with Commission Procedural Rule 11(c).

Further information about the public hearing and the public's right to participate and comment may be obtained from Ms. Tenorio's office.

Kilili, Deleon Guerrero tour Pentagon, Quantico ranges

WASHINGTON, D.C.—Del-egate Gregorio Kilili Sablan (Ind-MP) and CNMI House Speaker Joseph Deleon Guerrero (Ind-Saipan) visited the Pentagon on Monday, Feb. 22, and Marine Corps Base Quantico, VA, on Wednesday, Feb. 26.

Sablan and Deleon Guerrero attended a briefing followed by a tour of the Pentagon. The briefing, hosted by the Deputy Commandant for Plans, Poli-

cies & Operations, Lt. Gen. Ronald Bailey, focused on Marine Corps training concepts, the USMC Pacific Posture plans, and the CNMI Joint Military Training Environmental Impact Statement process and progress to date.

On Wednesday, Sablan and Deleon Guerrero toured the range complex at Marine Corps Base in Quantico, where they observed live-fire artillery training. The range

complex, located 36 miles from the nation's capital, operates daily in close proximity to the surrounding civilian community. During the tour and demonstration of the range control technology, the CNMI representatives were briefed on Range Operations and Environmental Management detailing how the Marine Corps manages and operates ranges to ensure public safety, while preserving nearby

environmental and cultural resources and minimizing im-

pacts to national airspace and recreational activities in this

densely populated area of Virginia. (PR)

Confessed drug user testifies vs ex-DOC officer Falig

By **FERDIE DE LA TORRE**
ferdie_delatorre@saipantribune.com
REPORTER

A confessed meth user testified yesterday how he served as a drug courier for his second cousin, then-Department of Corrections officer Mariano Q. Falig Jr.

Vicente Aldan Sablan, also known as Ben Seven, admitted that he had been using meth since 1990 and that he last used the drug in August 2013. He agreed to testify for the U.S. government in the ongoing retrial of Falig, hoping that he will get a reduced sentence in his case.

Sablan completed his testimony yesterday. The last witness to testify for the government yesterday was a chemist. The trial will continue today, Friday, in the U.S. District Court for the NMI.

An indictment charged Sablan and Falig with conspiracy to distribute meth and distribution of meth. In addition, Falig was charged with using, carrying, or possessing a firearm during and in relation to a crime of violence or drug trafficking crime. The U.S. government later dismissed this count.

Sablan pleaded guilty as part of a deal with the U.S. government.

In his testimony, Sablan said that on March 22, 2011, Falig called him on the phone, asking him to come over to his house in Tanapag because there's a large amount of money that he understands will be used to buy meth.

Sablan said he walked over to Falig's house, then a neighbor came and gave him \$700 to buy meth.

Saipan Tribune opted not to

disclose the name of the neighbor for the meantime as the Drug Enforcement Administration used him as their confidential source.

According to DEA Task Force officer Diwain A. Stephen in his report, their confidential source gave Sablan \$800 for a controlled purchase of meth from Falig.

Sablan said he drove over to the house of his cousin, Robin Sablan, who also lives in Tanapag. He said it was Robin who knew where to buy the drug.

He said he boarded Robin's car and they proceeded to the apartment of their supplier in Lower Navy Hill. He said that after waiting for two to three hours, the supplier handed Robin three ziplock baggies that contained meth.

Sablan said the amount of drugs did not seem like it was worth \$700.

On their way to Falig's house, their car ran out of gas but they managed to get to the Shell Station in Puerto Rico. He said they did not have money for gas so they called Robert Quitugua, also known as Flying Man, who gave them money for gas in exchange for meth.

He said he, Robin, and Quitugua went to a beach and smoked some of the meth. He and Robin then proceeded to Falig's house, where he handed the remaining "ice" to his neighbor (the confidential source).

As assistant U.S. attorney

ESGR Committee hosts counterparts from Alaska

Guam—Employers and Volunteers from Alaska are currently on island getting a first-hand look at Guam's reserve component military activities and facilities.

Their trip is part of a "Boss-lift," one of the Employer Support of the Guard and Reserve's programs that allow employers to visit military facilities throughout the nation to observe National Guard and Reserve members in action. Employers witness valuable training and gain an appreciation of skills needed to successfully complete a task or mission.

Alaska Lt. Gov. Craig Campbell, a retired lieutenant general and former adjutant general, is also the current state chair of the ESGR Alaska Committee. He leads a group of 15 employers and volunteers who have come to see how the Guam-CNMI Committee's volunteers interact with employers and with its more than 2,700 members of the National Guard and Reserve. They are also visiting the leadership, receiving mission briefs, facility tours and experiencing the simulators at the U.S. Air Force Reserve, the U.S. Coast Guard Reserve, the

Ross Naughton was preparing to play a disc of an audiotape on the alleged purchase of meth, defense attorney Bruce Berline noticed that a video feed was showing on the monitors in front of the jurors. Berline quickly stood up and asked to stop the video.

U.S. District Court for the NMI Chief Judge Ramona V. Manglona called for a short break, after which Berline asked for mistrial, saying the video was prejudicial to his client.

Naughton explained that the video that was unintentionally shown will be corroborated by the government's witnesses anyway. He said the jurors should only be given instruction to disregard what they had seen in the monitors.

Manglona denied Berline's motion for mistrial. She called the jurors back and instructed them to disregard what they saw in the monitors.

The audiotape was then played.

Sablan identified the voices in the audiotape as himself, Falig, Robin, and the neighbor.

When *Saipan Tribune* left the courtroom, Berline was preparing to cross-examine Sablan.

The retrial began on Monday.

In March 2013, Manglona declared a mistrial after Falig's then counsel, Ramon K. Quichocho, disclosed shortly after the jury selection that he represents the prosecution's key witness in a family court proceeding.

U.S. Navy Reserve, the U.S. Army Reserve and the Guam Air and Army National Guard.

They arrived on board an Alaska Air National Guard KC-135 Tanker, courtesy of the 168th Air Refueling Wing. One of the highlights of their trip so far has been the visit to the War in the Pacific National Park Museum and other historical sites.

ESGR, a Department of Defense office, seeks to foster a culture in which all employers support and value the employment and military service of members of the National Guard and the Reserve in the United States. ESGR facilitates and promotes a cooperative culture of employer support by developing and advocating mutually beneficial initiatives, recognizing outstanding employer support, increasing awareness of applicable laws and policies resolving potential conflicts between employers and their service members, and acting as employers' principal advocate within DoD. Paramount to ESGR's mission is encouraging the employment of Guardsmen and Reservists who bring integrity, global perspective, and proven leadership to the civilian workforce. (ESGR)

Newest Zoning board member sworn in



HAIDEE V. EUGENIO

Acting governor Jude U. Hofschneider, left, administers the oath of office to 22-year-old Joe Erra Ayuyu Jr. yesterday, to serve on the Commonwealth Zoning Board.

By **HAIDEE V. EUGENIO**
haidee_eugenio@saipantribune.com
REPORTER

Acting governor Jude U. Hofschneider administered the oath of office yesterday to 22-year-old Joe Erra Ayuyu Jr. to serve on the Commonwealth Zoning Board, a day after the Saipan and Northern Islands Legislative Delegation confirmed his appointment by an 18-0 vote.

"I like to thank everyone who's here. This is a very proud moment for me...I'm nervous [about my appointment] but I have faith in the people around me. With their support, I will learn [about] and do what's best for the CNMI," Ayuyu told the crowd at the Zoning office in Dandan yesterday afternoon.

Witnessing the ceremony were Ayuyu's family and friends,

Zoning board members, Zoning administrator Therese Ogumoro and staff and other government officials. Ogumoro said Ayuyu's appointment brings the number of current board members to five. There are two vacancies on the board right now, she said.

Ayuyu recently graduated from the Miami University of Ohio with a bachelor's degree in economics.

USDA grants will help communities meet water challenges

WASHINGTON—Agriculture Secretary Tom Vilsack announced yesterday that USDA's National Institute of Food and Agriculture, or NIFA, will make \$6 million in grants available this year, and up to \$30 million total over the next five years as part of a new initiative to provide solutions to agricultural water challenges. The grants will be used to develop management practices, technologies and tools for farmers, ranchers, forest owners and citizens to improve water resource quantity and quality.

"Cutting edge research holds the key to tackling the complex challenges posed by prolonged drought and ensuring the future food security of our nation," said Vilsack. "These grants will help arm America's farmers and ranchers with the tools and strategies they need to adapt and succeed, and build on ongoing, cross-governmental efforts to provide relief to those impacted

by severe drought."

Yesterday's announcement builds on USDA efforts to help farmers, ranchers and forest landowners mitigate the impacts of drought, including implementation of the livestock disaster assistance programs provided through the 2014 Farm Bill and \$40 million in additional conservation dollars.

NIFA has identified three critical topics that will be funded through this new challenge area: 1) ensuring the water security of surface and ground water needed to produce agricultural goods and services; 2) improving nutrient management in agricultural landscapes focused on nitrogen and phosphorous; and 3) reducing impacts of chemicals and the presence and movement of environmental pathogens in the nation's water supply. NIFA's approach will link social, economic, and behavioral sciences with traditional biophysical sciences and engineering to

address regional scale issues with shared hydrological processes, and meteorological and basin characteristics.

NIFA is expected to make \$30 million available over the next five years for the Agriculture and Food Research Initiative water challenge area, with the expectation that the new projects awarded this fiscal year would receive additional funding in the following four years. All additional funding is contingent on future congressional appropriations and achievement of project objectives and milestones.

Building on its investment in water research, NIFA will also fund projects through the National Integrated Water Quality Program, or NIWQP, which addresses critical water resource issues including water quality protection and water conservation. The RFA for this program is expected to be released in the spring of 2014.

The NIWQP supports research, education and Extension projects and programs that address critical water resource issues in agricultural, rural and urbanizing watersheds. These projects reflect the growing need to combine knowledge from biological and physical sciences with social and economic sciences to address complex water issues.

The NIWQP focuses on addressing water issues at the watershed scale. Projects funded by the NIWQP are outcome-oriented, aiming to increase awareness and change behaviors related to water resource management.

Through federal funding and leadership for research, education and extension programs, NIFA focuses on investing in science and solving critical issues impacting people's daily lives and the nation's future. More information is available at: www.nifa.usda.gov. (USDA)

Ex-Saipan resident signs with major US publisher

»Debut novel to be published in March

Former resident Makiia Lucier will publish her debut novel for young adults on March 4, 2014.

Set in 1918, *A Death-Struck Year* is the story of 17-year-old Cleo Berry, whose life is turned upside down when Spanish influenza strikes her hometown of Portland, Oregon.

The book will be published by Houghton Mifflin Harcourt, whose distinguished author list includes eight Nobel Prize winners, 47 Pulitzer Prize winners, 13 National Book Award winners, and more than 100 Caldecott, Newbery, Printz and Sibert Medal and Honor recipients.

The novel has already garnered early praise and was named a Spring 2014 “Indies Introduce New Voices” selection by the American Booksellers Association, which highlights the best in new talent for the upcoming season.

Makiia Lucier (nee Johnson) was born on the island of Saipan and raised in Guam. She is the daughter of the late Margarita Seman Johnson and the late Lawrence Johnson, a popular teacher at Untalan Middle School. Lucier attended Dededo Middle School and Simon Sanchez High School, graduating in 1993. She received a bachelor’s degree in journalism from the University of Oregon and a master’s in library studies from the University of Wisconsin-Milwaukee, where she studied literature for children.

She currently lives in the small college town of Moscow, Idaho, with her husband and daughter. **(PR)**

Patient appeals for return of orthopedic doc

By MONETH G. DEPOSA
moneth_deposa@saipantribune.com
REPORTER

A patient appealed to the Commonwealth Healthcare Corp. board yesterday to intervene in the advisory board’s decision to terminate the medical privileges of the former orthopedic surgeon of the Commonwealth Health Center.

Seated on a wheelchair, Ana S. Teregeyo made her personal appeal during the board’s special meeting yesterday, saying she is satisfied with Dr. Grant Walker’s services.

Teregeyo was seen and is still being seen by Walker, the orthopedic surgeon who was on a short-term contract at the Commonwealth Health Center whose medical privileges at the hospital were terminated just days before the expiration of his contract.

Walker operated on Teregeyo’s left leg on Nov. 7 last

»CHCC board urged to rescind decision of governing body

year. She recalled how Walker demonstrated his care for each and every patient and that, despite his busy schedule, Walker never forgot to visit and check on her every day.

“Following the surgery, Dr. Walker visited me every day, sometimes twice a day, in the morning and late afternoon before he went home for the day. He would ask about my pain and my need for pain killers, future physical therapy, and a need for a knee brace, which he had ordered,” said Teregeyo.

She claimed that Walker’s genuine care and expertise contributed to her recovery.

Teregeyo said she was aware since the start that Walker was contracted for one a month

only. Unfortunately and without notice, she said the doctor’s employment contract was shorted by a few weeks.

“Not only that, he was barred from visiting his patients at the hospital and providing necessary care such as what he was providing me during the first few weeks after surgery. As a patient under his care, I felt disappointed for losing the only orthopedic surgeon on island,” Teregeyo told the board, adding that she felt deprived of Walker’s direct medical care and support.

She told the board that even after Walker left the island, the doctor never ceased to check on her condition and provide continued treatment.

“Recognizing Dr. Walker’s deep concern for my injured left leg and knee and to ensure that it is healing appropriately and, although he is not physically present here to provide the necessary medical guidance, his direct involvement in the healing process is very commendable,” said Teregeyo.

Teregeyo urged the board to rescind interim CEO Esther Muña’s letter to Walker, which terminated the doctor’s medical privileges at CHC.

“The letter, if not rescinded, will provide a permanent repercussion on future references for employment or professional development. Dr. Walker has shown his interest for his patients’ general well-being. It is culturally appropriate to reciprocate and return our appreciation,” she said.

The board discussed the issue in an executive session yesterday.

GUAM BRIEFS

June trial for Guam crash-stabbing

HAGATNA, Guam (AP)—Trial for a man accused of killing three tourists and hurting 11 others in Guam has been delayed to June. A judge in Guam has set a June 9 trial date for Chad De Soto. He is charged with three counts of aggravated murder and 11 counts of attempted aggravated murder. De Soto is accused of driving his car onto the sidewalk of a busy tourist area, hitting pedestrians until the vehicle slammed into a wall. Prosecutors say he then got out and started stabbing bystanders inside a store. De Soto has pleaded not guilty by reason of mental illness, disease or defect.

Guam waste board urges action regarding river

HAGATNA, Guam (AP)—The Guam Solid Waste Authority board of directors urged the governor and island lawmakers this week to take action against parties responsible for polluting the Lofit River. The board members passed a resolution Thursday asking Guam Gov. Eddie Calvo and senators to do everything they can to hold parties, including the federal government, accountable. “We have a responsibility to the people of the island,” interim board chairman Andrew Gayle said. “This is something we can’t afford to not try.” The neighboring Ordot landfill is blamed for polluting the river.

BIRTHDAY SHOUTOUT

Special birthday shoutout to Dario Vicente O. Tagabue!! God bless and many more wonderful blessings to come. We love you!

Kanoa Resort

Saipan

(1) OPERATIONS MANAGER
Qualifications: Associate’s Degree or a minimum of two years experience preferably in Tourism, Hotel & Restaurant or Business Management. Ability to work flexible hours including nights, weekends, and holidays. Must possess strong leadership and communication skills. Organized, motivated, analytical and creative, as well as comfortable in directing others. Must be proficient in various computer software applications and has a proven track record of meeting budgets, an understanding of P&L statements and cost/inventory control.

(2) MANAGER, SPORTS AND RECREATION
Qualifications: Associates degree in an appropriate field or equivalent years of relevant experience. At least 3 years experience in sports and recreation, at managerial capacity, in a five-star Hotel, Club, or Resort. Team player, excellent communication, organizational, and multitasking skills are a must. Must be able to work flexible hours including nights, weekends, and holidays.

(4) GUEST SERVICES AGENT
Qualifications: High School diploma or GED certificate. Minimum of 2 years work experience in providing quality customer and personal services. Must be able to handle customer complaints with efficiency. Have multitasking skills, be detailed-oriented, and be able to solve problems in order to effectively deal with internal and external customers. Must be able to work flexible hours including nights, weekends and holidays.

(1) GARDENER / LANDSCAPER
Qualifications: High school graduate or equivalent. Two years previous work experience. Basic knowledge of Horticulture. Must be able to work outdoors exposed to all weather conditions. Employees in these occupations need anywhere from a few days to a few months of training.

(1) ELECTRICIAN
Qualifications: High School graduate or equivalent. Able to service, repair, calibrate, regulate, fine-tune or test machines, devices and equipment that operate primarily on electrical or electronic principles. Must be able to work in a flexible way that allows for changes in assignments and priorities depending upon identified needs of the department. Minimum of five (5) years work experience required.

(1) A/C REFRIGERATION MECHANIC / TECHNICIAN
Qualifications: Able to install and repair industrial and commercial refrigeration systems. Require post-secondary instruction from technical and trade schools or community colleges that offer programs in air-conditioning and refrigeration or and associate's degree. Completion of an apprenticeship program or two (2) to four (4) years of experience.

(4) FOOD AND BEVERAGE WAIT STAFF
Qualifications: High school diploma or equivalent. At least 6 months serving experience preferably in hotel operations. Good customer service, communications and interpersonal skills are required. Knowledge of cash, check and credit card handling procedures required.

(4) LIFEGUARD
Qualifications: High school diploma or equivalent. Must be able to swim and have an outgoing personality and the ability to motivate with enthusiasm. Proposed ideas or find ways to improve services, systems and/or procedures. Direct and lead activities for guests of all ages. Certified CPR, First Aid and Lifeguard.

(1) EXECUTIVE ASSISTANT
Qualifications: Associate’s Degree preferred. At least two years of relevant experience. Provide high-level administrative support by conducting research, preparing statistical reports, handling information requests, preparing financial statements, and performing clerical functions such as preparing correspondence, receiving visitors, arranging conference calls, and scheduling meetings. May also train and supervise lower-level clerical staff.

Interested applicants may send their applications to hr@kanoaresort.com. Application forms may be obtained at our Security Office located at the back wing of our resort. To be considered, applications must be submitted not later than March 6, 2014. Background checks and pre-employment drug testing will be required prior to employment.

Kanoa Resort is an Equal Opportunity Employer
Qualified Women, Minorities, Veterans and Persons with Disabilities are urged to apply.

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(08) STEEL WORKER
Rate: \$ 5.60 - \$7.50/hour
Must be a high school graduate with minimum of 5 year's experience as a steel worker with knowledge on how to raise, place and unite iron or steel girders, R columns and structural members to form a completed structures or structural frameworks. May erect metal storage tanks and assemble prefabricated metal buildings. Position and secure steel bars or mesh in concrete forms in order to reinforce concrete. Use a variety of fasteners, rod-bending machines, blowtorches, hand tools and rod busters.

(03) CONSTRUCTION MANAGER
Rate: \$2,100.00 to \$2,650.00 per month
Must be a college graduate or with a minimum of 5 years experience as Construction Manager. With knowledge on how to plan, direct, or coordinate, with subordinate supervisory personnel, activities concerning the construction and maintenance of structures, facilities, and systems. Participate in the conceptual development of a construction project and oversee its organization, scheduling, budgeting and implementation. Includes managers in specialized construction fields, such as carpentry or plumbing.

(35) CARPENTER
Rate: \$5.60 to \$7.50/hour
Must be a high school graduate with a minimum of 5 years experience as a Carpenter. Knowledgeable on how to construct, erect, install, or repair structures and fixtures made of wood, such as concrete forms; building frameworks, including partitions, joists, studding, and rafters; and wood stairways, window and door frames, and hardwood floors. Must be able to work flexible hours.

(2) SHEET METAL WORKER
Rate: \$5.60 to \$6.50/hour
Must be a high school graduate or with a minimum of 2 years experienced as a Sheet Metal Worker. With knowledge how to install prefabricated sheet metal ducts used for heating, air conditioning, or other purposes. Must be able to work flexible hours.

(08) ELECTRICIAN
Rate: \$5.60 to \$6.50/hour
Must be a high school graduate with a minimum of 5 years experience as an Electrician. With knowledge on how to Install, maintain, and repair electrical wiring, equipment, and fixtures. Ensure that work is in accordance with relevant codes. May install heating and cooling equipment and mechanical control system. Includes sprinkler fitters assemble

(12) HEAVY EQUIPMENT MECHANIC
Rate: \$5.60 to \$7.50/hour
Must be a high school graduate with a minimum of 5 years experience as Heavy Equipment Mechanic. With knowledge on how to diagnose, adjust, repair, or overhaul mobile mechanical, hydraulic, and pneumatic equipment, such as cranes, bulldozers, graders, excavators, trucks and conveyors, used in construction. Must be able to work flexible hours.

(40) HEAVY EQUIPMENT OPERATOR
Rate: \$5.60 to \$6.00/hour
Must be a high school graduate with a minimum of 5 years experience as an HE Operator. With knowledge on how to operate several types of power construction equipment, such as motor graders, bulldozers, trenching machine, scrapers, compressors, pumps, derricks, shovels, tractors, or front-end loaders to excavate, move, and grade earth, erect structures, or pour concrete or other hard surface pavement. Must be able to work flexible time.

(10) TRUCK DRIVER
Rate: \$5.60 - \$7.25/hour
Must be a high school graduate with a minimum of 5-10 years experience as a truck driver with knowledge in Driving a factor-trailer combination or truck with a capacity of at least 26,000 GVW, to transport and deliver quarry materials, heavy equipment's or material in liquid, loose or packaged form.

(15) PLUMBER
Rate: \$5.60 - \$6.75/hour
Must be a high school graduate with a minimum of 5 years experience as a plumber with knowledge to assemble, install alter and repair pipelines or pipe systems that carry water, steam, air or other liquids or gases. May install heating and cooling equipment and mechanical control system. Includes sprinkler fitters assemble

(02) CIVIL ENGINEERING TECHNICIANS
Rate: \$6.75 - \$7.50/hour OR \$ 1,300.00 per month
Must be a college graduate with minimum of 5 years experience as a Civil Engineering Technician plumber with knowledge how to apply theory and principles of civil engineering in planning, designing and overseeing construction and maintenance of structures and facilities under the directions of engineering staff or physical scientists.

(02) AUTO ELECTRICIANS / ELECTRIC MOTOR REWINDER
Rate: \$5.60 - 7.50/hour
Must be able to diagnose and undertake electrical repairs on a wide variety of vehicles, heavy equipments and plant. Must be knowledgeable on electric motors, alternator, starter motor rewinding. Can perform his duties and responsibilities with less supervision. At least 5 years work of experience on the related field..

(02) DIESEL FUEL INJECTION PUMP TECHNICIAN
Rate: \$5.60 - \$6.75/hour
Must be able to diagnose, service, repair and maintenance of fuel injection systems. Knowledgeable on the repair of diesel fuel injection components including pumps, injectors and turbochargers. At least 5 years of work experience on the related field.

All positions will close on March 07, 2014. Interested applicants may apply at GPPC, INC. office located at As Perdido, Saipan. A copy of police clearance must be attached to the application. Incomplete application will NOT be accepted. Skills, testing maybe required.

GPPC, INC is an Equal Opportunity Employer

Life & Style

Cambodia vies for 1st Oscar with 'Missing Picture'

By JOCELYN GECKER
ASSOCIATED PRESS

PHNOM PENH, Cambodia (AP)—The office of Cambodia's most celebrated filmmaker is filled with books on the Khmer Rouge. On his desk, on the walls, in the filing cabinets and in every corner of Rithy Panh's dimly lit office are memories of his country's greatest tragedy.

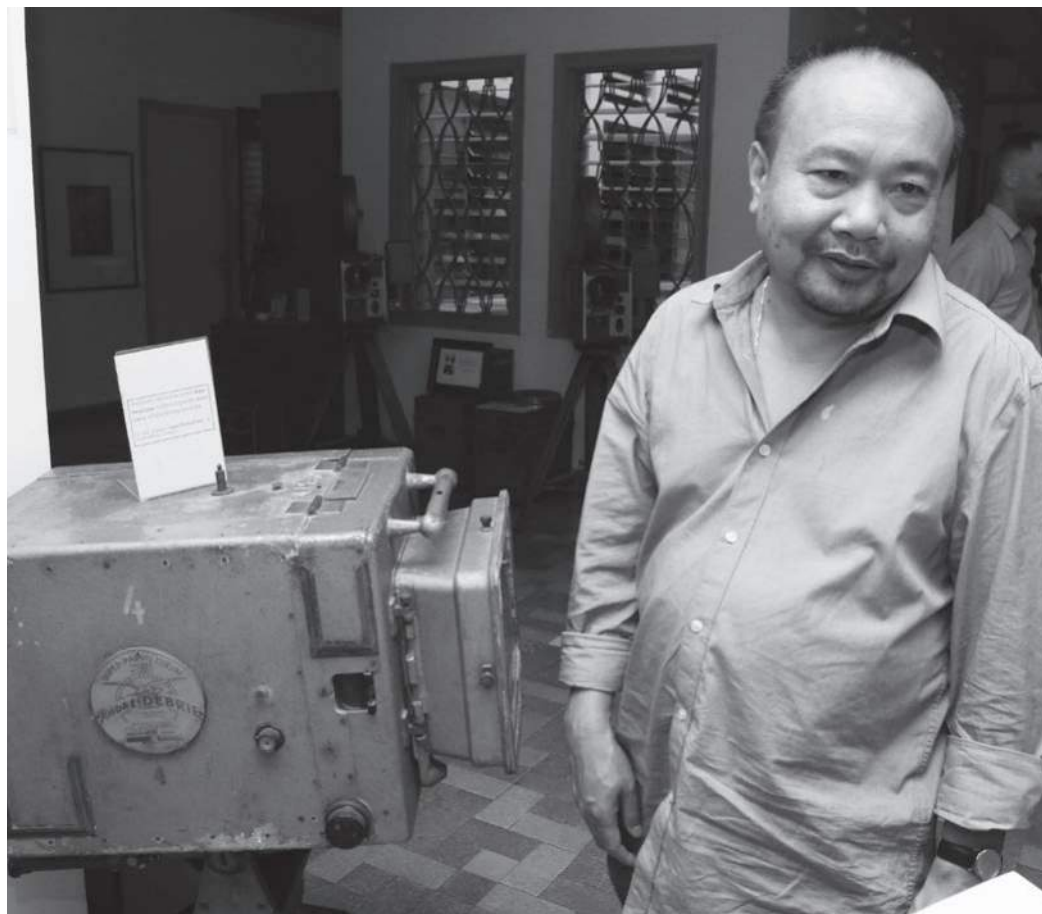
Probing the painful past started as a coping mechanism for Panh and evolved into a career. For the past two and a half decades, Panh has made movies that he considers his duty as a survivor, and his debt to the dead.

His latest, "The Missing Picture," is the first time he has focused on his own story of loss and tormented survival. It's also the first Cambodian film to be nominated for an Academy Award, and could win Best Foreign Language Film at the Oscars this weekend.

The 51-year-old filmmaker said he makes movies because "I had to find a way to work with my memories."

"When you survive a genocide, it's like you've been radiated by a nuclear bomb," Panh said during an interview at his Phnom Penh office, which is inside a film preservation center that he runs. "It's like you've been killed once already, and you come back with death inside of you."

Many of Panh's movies have been documentaries that have earned critical acclaim but limited commercial success. He has interviewed the regime's former torturers, prison guards and survivors as part of his conviction



In this photo taken Monday, Feb. 17, 2014, Cambodian film director Rithy Panh stands next to an old film camera placed in his office in Phnom Penh, Cambodia.

that Cambodia must face its past to build a better future.

"The Missing Picture" is a poetic and highly original film in which the starring roles are played by static clay figures. It may be his most celebrated work

yet: Even before the historic Oscar nomination, it won the top prize in the "Un Certain Regard" competition at last year's Cannes Film Festival, an award for especially creative or thought-provoking films.

The nomination itself is a victory for Panh and for Cambodia, where a film industry is only now re-emerging after Pol Pot's reign of terror from 1975 to 1979.

"I don't have the impression of going to Los Angeles all alone,"

said Panh, describing himself as brimming with "enormous pride" a few days before leaving for Hollywood. "I feel like I'm going with my whole country."

The Khmer Rouge era left more than 1.7 million people dead, mostly from starvation, medical neglect, slave-like working conditions and execution. The regime executed artists, writers and filmmakers as part of its Maoist vision to eliminate the educated elite and transform the country into an agrarian utopia.

Panh was 13 when Pol Pot's army entered Phnom Penh, the capital, on April 17, 1975. It emptied the cities, shut schools and hospitals and forced the entire population to labor in the countryside.

During the four-year genocide, Panh watched his parents, his sisters and several young nieces and nephews die of illness and hunger.

After the regime fell in 1979, Panh fled to Thailand and then took refuge in Paris, a place that remains for him "a kind of womb," a city at the right distance from his haunted memories that nurtured his intellect. It was there he discovered his passion for making movies and studied filmmaking. Most of his films, including "The Missing Picture," are joint French-Cambodian productions.

After a decade abroad, Panh returned home to start making movies with the unique perspective of both an insider and an outsider, say those who have studied his work.

"Rithy Panh has a special way of looking straight back into the nightmare," said Thai filmmaker and movie critic Kong Rithdee. "He looks back and remains very calm and honest about the subject matter. He never rushes to judge."

Kong calls "The Missing Picture" one of the most memorable movies ever made about the Khmer Rouge era.

"You hardly sense any anger," Kong said. "As the viewer, you feel angry, but the film doesn't feel angry."

The film, based on Panh's 2012 memoir, "The Elimination," intertwines Cambodia's national nightmare with Panh's personal story. It mixes archival video footage, Khmer Rouge propaganda clips and a first-person narration in French.

To represent his deceased relatives, Panh used hundreds of carefully carved clay figures—an idea that came to him only after he started filming. After initially struggling to find a way to portray people and places that no longer exist, Panh discovered that one of his set designers could sculpt brilliantly with clay.

Justin Bieber jail video shows unsteady walk



In this Jan. 23, 2014 video frame grab released by the Miami Beach Police Department, shows singer Justin Bieber, center, walking unsteadily during a sobriety test at the police station in Miami Beach, Fla.

By CURT ANDERSON
AP LEGAL AFFAIRS WRITER

MIAMI (AP)—Justin Bieber walks unsteadily and even appears to stumble while performing a sobriety test shortly after his January arrest on driving under the influence and other charges, according to police video released Wednesday.

Only a few moments depict Bieber in the roughly 10 hours of video released by Miami-Dade County prosecutors fol-

lowing public records requests from The Associated Press and other news organizations.

The videos were recorded at the Miami Beach Police Department shortly after Bieber and R&B singer Khalil Amir Sharieff were arrested during what officers said was an illegal street drag race in exotic sports cars. They were not charged with drag racing, however.

In one clip, Bieber—dressed in a dark hoodie with the hood over his head, dark baggy shorts

and bright red shoes—wavers as he tries to walk carefully and slowly heel to toe. He stumbles slightly as he turns and appears to have his arms out for balance. In a second try he stumbles again, even reaching out to a wall for support, and has an animated face-to-face conversation with a police officer in which both point fingers at each other.

There are only brief glimpses of the pop singer's face and no close-ups in the medium-quality video, which also included no time codes to determine how long he underwent the sobriety tests.

Other brief clips show Bieber being walked through various parts of the police station, and one previously released video depicted the 19-year-old singer being patted down by an officer. None of the videos have any sound.

Bieber has pleaded not guilty to DUI, resisting arrest and driving with an invalid license. Breath tests showed that his blood-alcohol content was below the 0.02 level considered intoxicated for underage drivers, but the urine test found the presence of marijuana and the antidepressant Xanax.

Bieber's attorneys did not immediately respond to an

email seeking comment about the videos.

Several clips were withheld at the request of Bieber's attorneys, including four segments depicting Bieber urinating into a cup for a drug test. Miami-Dade County Judge William Altfeld will review those clips private and plans another hearing next week on whether they will be released.

Police reports described Bieber after his arrest as "excited, talkative, profanity, cooperative, insulting, and cocky" and noted that he had a pronounced odor of alcohol on his breath, bloodshot eyes and a flushed face.

Regarding the marijuana, one officer said he noticed a strong smell of the drug while Bieber was sitting in the back of a police car. The officer asked

Sales for 'Fifty Shades' trilogy reach 100M copies

NEW YORK (AP)—"Fifty Shades of Grey" has joined the 100 million club.

Vintage Books announced Wednesday that sales for E L James' sexually explicit trilogy have reached 100 million copies and have spent 100 weeks on The New York Times' paperback best-seller list. The novels have been translated into 51 languages, including

Bieber about it.

"Yeah, we were smoking all night at the studio," the report quotes Bieber as replying.

In the videos, Bieber and Sharieff are both shown sitting on the floor of a holding cell, then getting up one by one, turning around and being handcuffed behind their backs. Bieber is again wearing his dark hoodie, and in another clip as he is led out of the police station in handcuffs he ducks down low to avoid showing his face.

Sharieff is depicted in other segments, also wearing bright red shoes while he sits quietly in a chair and watches Bieber undergo the sobriety test. At one point the two appear to be talking and Sharieff raises a clenched fist.

Hebrew, Icelandic and Korean. With a film adaptation planned for 2015, many more sales are likely.

James' books, which originated as fan fiction inspired by Stephenie Meyer's "Twilight" books, immediately topped best-seller lists after Vintage acquired them in 2012. Vintage is an imprint of Penguin Random House.

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300: RISE OF AN EMPIRE 3D

[CC,DV] (R) Thu. 800 PM

300 MARATHON (R) Thu. 530 PM

NON-STOP [CC,DV] (PG-13)

Fri. (415 PM) 715 PM 950 PM

Sat. (115 415) 715 950

Sun. (115 PM 415 PM) 715 PM

Mon. - Thu. (415 PM) 715 PM

SON OF GOD [CC,DV] (PG-13)

Fri. (405 PM) 710 PM 1015 PM

Sat. (100 405) 710 1015

Sun. (100 PM 405 PM) 710 PM

Mon. - Thu. (405 PM) 710 PM

3 DAYS TO KILL [CC] (PG-13)

Fri. (425 PM) 700 PM 940 PM

Sat. (125 425) 700 940

Sun. (125 PM 425 PM) 700 PM

Mon. - Thu. (425 PM) 700 PM

POMPEII [CC,DV] (PG-13)

Fri. (435 PM) 1000 PM

Sat. (130 PM) 1000 PM

Sun. (130 PM)

Mon. - Thu. (435 PM)

POMPEII 3D [CC,DV] (PG-13)

Fri. 720 PM

Sat. - Sun. (435 PM) 720 PM

Mon. - Thu. 720 PM

WINTER'S TALE [CC,DV] (NR)

Fri. (410 PM) 705 PM 1005 PM

Sat. (105 410) 705 1005

Sun. (105 PM 410 PM) 705 PM

Mon. - Wed. (410 PM) 705 PM

Thu. (410 PM)

ROBOCOP [CC,DV] (PG-13)

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Sun. (145 PM 430 PM) 730 PM

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LEGO [CC,DV] (PG)

Fri. 645 PM

Sat. - Sun. (110 PM) 645 PM

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Robin Thicke to fans: Thanks for the support

NEW YORK (AP)—Robin Thicke is thanking his fans for their support following his separation from his wife and canceled tour dates.

The “Blurred Lines” singer posted on his website Wednesday that he’d like to “thank everyone for the well wishes these last few days.”

Thicke and actress Paula Patton announced Monday they are separating after nine years of marriage. They have a 3-year-old son, and Patton was the inspiration behind much of Thicke’s music and appeared in some of his videos.

Thicke was set to kick off his tour last week, but he canceled the first two dates because he lost his voice. He also canceled Tuesday’s show in North Carolina due to “unforeseen circumstances.”

The 36-year-old says in his post he’s looking forward to Thursday’s show in Washington, D.C.

In this Feb. 24, 2013 file photo, Paula Patton and Robin Thicke arrive at the 2013 Vanity Fair Oscars Viewing and After Party at the Sunset Plaza Hotel in West Hollywood, Calif.



McLarty nixes Arquette’s baby name choice of Astro

NEW YORK (AP)—There’s one name David Arquette’s expectant girlfriend will not allow for their baby boy: Astro.

Arquette and TV personality Christina McLarty have a baby due in May, and the actor offered up his choice of name, only to have it dismissed.

“I did want to name him Astro,” Arquette said in a recent interview. The actor said he thought “Astro Arquette” was an amazing name.” But, he said, it just “didn’t fly” with McLarty.

Arquette said his 10-year-old daughter Coco—with ex-wife Courtney Cox—is excited

about the arrival of her baby brother. The actor said the one thing Coco is insisting is that the baby “absolutely worships” her.

Arquette said his daughter is already poised to follow in his parents’ show business footsteps.

“Coco loves acting herself and she loves the fact that we

do what we do,” said Arquette, who also pointed out that his daughter loves singing. “So, I think she’s pretty much exactly how all of us on my side of the family were raised—in it essentially.”

The actor’s Emmy-winning sister, Patricia, said in a 2009 interview that their father, mother and grandparents were actors. She said growing up, she and her siblings Rosanna, Alexis and Richmond were “constantly playing this kind of fantasy, roll-playing, emotional games.” They did puppet shows and their parents taught them how to create stories.

David Arquette spoke while promoting his TV movie “Happy Face Killer” about the hunt and capture of Canadian serial killer Keith Jespersen that airs on the Lifetime network on March 1.

Arquette said it was a tough role to play and that it left him in a “very dark place,” and that it was spending time with his daughter that “helped me heal.”



This Feb. 6, 2013 file photo shows actor David Arquette, left, and Christina McLarty at the opening night of “The Gift” at the Geffen Playhouse in Westwood, Calif.

‘Girls’ star Allison Williams engaged to marry

NEW YORK (AP)—“Girls” star Allison Williams is making a grown-up move.

She’s engaged to marry boyfriend Ricky Van Veen, her rep Lindsay Galin confirmed Wednesday.

Twenty-five-year-old Williams is the daughter of NBC news anchor Brian Williams.

Van Veen is a co-founder of the comedy website CollegeHumor.

People magazine was the first to report the news.

“Girls,” in its third season on HBO, has been a breakout role for the Yale University graduate.



In this Jan. 8, 2014 file photo, actress Allison Williams arrives at the 40th annual People’s Choice Awards at Nokia Theatre L.A. Live, in Los Angeles.

Lisa Kudrow ordered to pay ex-manager \$1.6M

SANTA MONICA, California (AP)—A California jury has ordered Lisa Kudrow to pay her former manager \$1.6 million in residuals from her work on “Friends.”

The Los Angeles County Superior Court jury returned its verdict Tuesday in a lawsuit filed by Scott Howard. He claimed he had an oral agreement with the actress and was owed a percentage of her earnings on the hit NBC sitcom.

Kudrow contended that she had already paid Howard more than \$11 million before they parted ways in 2007.

Kudrow’s attorney, Gerald Sauer, says the verdict will be appealed.

City News Service says testimony during the trial indicated that Kudrow was earning more than \$1 million per episode by the end of the show’s run. Kudrow starred on “Friends” from 1994 to 2004.

Open email exposes wife’s secret weekend rendezvous

By **ABIGAIL VAN BUREN**
UNIVERSAL PRESS SYNDICATE

DEAR ABBY: My wife of 45 years is having an online affair with a man who is a former business client. I found out when she inadvertently left an email message open on her laptop. Her phone records confirm daily long-distance conversations, as well. Although I know they have never met personally, they plan to meet during a weekend convention at a hotel in his hometown next month.



Dear Abby

Despite problems in our marriage, neither of us has strayed, and I’m confident she doesn’t want to lose me nor do I want to lose her. My dilemma is whether to tell her I know what’s going on prior to her trip, or confront her when she returns with pictures taken by a private investigator. I can’t let her betrayal continue.

CONFLICTED IN THE SOUTH

DEAR CONFLICTED: Tell her sooner rather than later, so she can cancel her trip to the convention. If she’s willing to do that and work on repairing your marriage, there is a chance that your problems are fixable. If she isn’t, then face it—your stressed marriage is over. Photos from a private investigator are beside the point. The email you read is proof enough.

■■■

DEAR ABBY: Recently, my friend went to a wake and told me the person in the casket was holding a fork. My friend told me there is a story behind this custom. Can you tell me what it is?

DAILY READER IN WEST PALM BEACH, FLA.

DEAR DAILY READER: The story, titled “Keep Your Fork,” has been widely shared on the Internet. It appeared in “A Third Serving of Chicken Soup for the Soul” and was authored by Roger William Thomas.

It concerns a young woman who had been given only a short time to live, and who instructed her pastor that she would like to be buried with a fork in her right hand. She went on to say, “In all my years of attending church potluck dinners, when the dishes of the main course were being cleared, someone would say, ‘Keep your fork.’”

She said the main course was her favorite part of the meal because she knew “something better was coming ... something wonderful, and with substance.” What she wanted was to convey to her loved ones at her funeral her belief that something better was to come.

■■■

DEAR ABBY: I have reconnected with my high school sweetheart. We plan to be married late this summer. My problem is she wants to keep her ex-husband’s name as her middle name for the sake of her kids.

I feel she shouldn’t have another man’s name if she’s married to someone else. I have explained that it upsets me, but she doesn’t care. What are your thoughts?

TRADITIONAL MAN

DEAR TRADITIONAL: I think her reason for wanting to retain her married name (and probably hyphenate it with yours) is a valid one. It will prevent confusion for her children at school.

However, one line in your letter concerns me. It’s the one in which you say it upsets you, “but she doesn’t care.” If she didn’t care about you, she wouldn’t be marrying you. But her children MUST come first, and unless you can accept that fact, you shouldn’t marry her.

■■■

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Write Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

■■■

To order “How to Write Letters for All Occasions,” send your name and mailing address, plus check or money order for \$7 (U.S. funds) to: Dear Abby—Letter Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. Shipping and handling are included in the price.

Israel donates Anne Frank books to Tokyo libraries

TOKYO (AP)—The Israeli Embassy is donating 300 Anne Frank-related books to Tokyo public libraries after the recent vandalism of a similar number of such books in their collections.

Representatives from the embassy and Japan’s Jewish community handed over the books Thursday to the mayor of Tokyo’s Sugunami ward.

More than 300 books related to Anne Frank, including copies of “The Diary of a Young Girl,” have been found damaged in Tokyo libraries. Sugunami was particularly hard hit with 121 books vandalized.

The mayor of Sugunami expressed hope that the incident could be turned into a lesson for Japanese who are not aware of the Holocaust.

Frank wrote her diary during the two years her family hid from the Nazis during World War II. She died in a concentration camp in 1945.

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Clippers slow down erratic Rockets



LOS ANGELES (AP) — The Clippers proved again that they can go nose-to-nose with the Houston Rockets and defend their 1-2 punch of Dwight Howard and James Harden.

Blake Griffin had 23 points and 16 rebounds, and reserve Darren Collison scored seven of his 19 in the final 2:09 to lead Los Angeles to a 101-93 victory Wednesday night. DeAndre Jordan had 13 points and 10 rebounds for his 30th double-double.

"It means a lot," Collison said. "We know Houston's guys are relatively new to each other, but they have been playing well as of late. So this speaks volumes for us. I just think we match up well against them for some reason."

Chris Paul had 14 points and nine assists for the Clippers, who won for the sixth time in eight games. They converted 20 Houston turnovers into 30 points.

"I thought we were up into them most of the game," coach Doc Rivers said. "The one thing we didn't do is that we didn't trap at all on Dwight. I felt for our bigs at times, but we just told them, 'You're on an island. Good luck. Have fun.' But we decided we were going to stay out with their 3-point shooting and try to take that away. Even when I was at Marquette, I knew that two is less than three. So that was our philosophy going into the game."

Jamal Crawford, who had a season-high seven 3-pointers Monday night in a win at New Orleans, was 1 for 6 behind the arc against the Rockets and left the game for good with 13 seconds remaining in the first half because of a left calf strain. He played 15 minutes and had eight points.

"Personally, I'm a little concerned. When guys get injured and nobody's around them, that always scares me," Rivers said. "He said he felt better, so I think he'll be OK. But we'll know more tomorrow."

Clippers starting forward J.J. Redick missed his ninth straight game because of a bulging disk in his lower back.

Veteran forward Glen Davis, reunited with his former Celtics coach after signing with the Clippers on Sunday, was in uniform for the first time and entered with 1.8 seconds left in the third quarter.

Cavaliers 114, Thunder 104

In Oklahoma City, Kyrie Irving scored 14 of his 31 points in the fourth quarter to help the Cleveland Cavaliers beat Oklahoma City 114-104 Wednesday night, giving the Thunder their third straight loss since the All-Star break.

Jarrett Jack scored 21 points, Spencer Hawes had 19 and Tristan Thompson added 11 points and 11 rebounds for the Cavaliers, who snapped a three-game losing streak.

Cleveland shot 14 for 21 from the field in the fourth quarter against the Western Conference-leading Thunder.

Kevin Durant had 28 points, 10 rebounds and nine assists, Russell Westbrook had 24 points and nine assists, and Serge Ibaka added 16 points and 13 rebounds for the Thunder. Oklahoma City is 0-3 since Westbrook returned from his latest knee surgery.

Bulls 103, Warriors 83

In Chicago, Taj Gibson scored 21 points, Carlos Boozer added 15 points



Los Angeles Clippers forward Blake Griffin, top, puts up a shot as Houston Rockets forward Donatas Motiejunas, of Poland, defends during the first half of an NBA basketball game, Wednesday, Feb. 26, 2014, in Los Angeles.

and 13 rebounds, and Chicago used a big third-quarter run to win for the seventh time in eight games by pounding Golden State.

Jimmy Butler scored 16 points after missing two games with bruised ribs, Mike Dunleavy Jr. added 15, and Joakim Noah grabbed 17 rebounds for the Bulls.

They also dominated on the glass 56-41, forced 16 turnovers and held All-Star Stephen Curry in check while bringing Golden State's four-game win streak to an emphatic end.

Jordan Crawford scored 16 points for the Warriors and David Lee came off the bench to get 11 points in 20 minutes after being hospitalized with a stomach flu and missing two games, but Curry tied a season low with five points on 2-of-10 shooting.

Mavericks 108, Pelicans 89

In Dallas, Dirk Nowitzki shook off an early shoulder issue to finish with 18 points in Dallas' victory and New Orleans All-Star Anthony Davis was knocked out of the game with a similar problem.

Nowitzki went to the locker room 31 seconds into the game holding his left shoulder but emerged a short time later

and returned to the game. He even had a spin move and finished with a left-handed finger roll in the first half.

Davis, the Pelicans' leading scorer and rebounder, was holding his sprained left shoulder on his way to play defense and didn't return after leaving the game during a New Orleans timeout with 4:13 left in the first half.

The Mavericks (36-23) are a season-high 13 games over .500 after their fourth straight win, and the Pelicans stayed winless since the All-Star break at 0-5.

Eric Gordon led New Orleans with 19 points, and Brian Roberts had 17.

Monta Ellis led Dallas with 23 points, seven assists and four steals, while Vince Carter scored 17.

Trail Blazers 124, Nets 80

In Portland, Will Barton had a season-high 20 points and career-high 11 rebounds, providing a spark off the bench for short-handed Portland in its rout of Brooklyn.

The Blazers won their fourth straight game despite missing forward LaMarcus Aldridge. The team's top scorer and rebounder has been out five games with a left groin sprain.

Jason Collins, who became the NBA's first openly gay player when

he signed a 10-day contract with the Nets on Sunday, entered the game without fan reaction and played a pair of scoreless stretches in the fourth quarter.

Mo Williams scored 21 points and Nicolas Batum had 19 to lead seven Portland players in double figures.

Deron Williams had 12 points for the Nets, who had their lowest point total this season.

Spurs 120, Pistons 110

In San Antonio, Marco Belinelli had 20 points to lead eight San Antonio players in double figures, and the Spurs worked through a lethargic start to beat Detroit.

Kawhi Leonard had 15 points in his return from a 14-game absence due to a broken finger. Manu Ginobili scored 16 points, Tim Duncan and Tiago Splitter had 13 apiece, Boris Diaw added 12, Patty Mills 11 and Cory Joseph 10.

Josh Smith scored 24 points for Detroit, which has lost three straight. Will Bynum added 18 points, Rodney Stuckey 17 and Andre Drummond had 16 points and 17 rebounds.

San Antonio got off to a sloppy start despite having two practices during a five-day break following its annual Rodeo Road Trip that lasted nearly a month.

Jazz 109, Suns 86

In Salt Lake City, Gordon Hayward had 17 points, 10 rebounds and nine assists to lead a balanced offense and Utah cruised to victory over slumping Phoenix.

Richard Jefferson scored 17 points, Diante Garrett had a career-high 15 and the Jazz had seven players in double figures.

The Jazz shot 57.5 percent from the field, the highest mark of any Phoenix opponent this season.

Gerald Green had 17 points and rookie Archie Goodwin matched his career-best with 16 for the Suns.

Playing their only road game in a nine-game stretch, the Suns have been looking to improve their playoff position. However, with a third straight loss, Phoenix leads Memphis by just one-half game for the eighth and final Western Conference berth.

Grizzlies 108, Lakers 103

In Memphis, Courtney Lee scored 18 points, Marc Gasol had 14 points and 12 rebounds, and Memphis weathered Los Angeles' late 3-point shooting display.

Tony Allen added 17 points, James Johnson 14 and Zach Randolph 13 for Memphis.

Jodie Meeks led the Lakers with 19 points, Wesley Johnson added 18 and Pau Gasol had 17 points and 10 rebounds.

The Lakers were 7 of 11 on 3-pointers in the fourth quarter and Jordan Farmar's 3 from 29 feet with about 15 seconds left pulled Los Angeles to 106-103. However, Lee's two free throws closed the scoring.

Celtics 115, Hawks 104

In Boston, Jerryd Bayless scored a season-high 29 points in a rare start, and Rajon Rondo added 22 points and 11 assists to help Boston break a five-game losing streak with a victory over slumping Atlanta.

Six players scored in double figures for Boston. Rondo's double-double was his second straight and fifth overall since he returned from a knee injury on Jan. 17.

Jeff Teague had 26 points and DeMarre Carroll scored 24 off the bench for Atlanta, which lost for the 10th time in 11 games.

Back home after an 0-4 West Coast trip, the Celtics had only nine healthy players after a sore toe forced rookie Kelly Olynyk to the bench alongside regular starters Jared Sullinger and Avery Bradley.

The Hawks were missing five injured players, including starters Al Horford and Paul Millsap.

Magic 101, Sixers 90

In Philadelphia, Jameer Nelson scored 12 of his 16 points in the fourth quarter and Nik Vucevic had 21 points and 13 rebounds to help Orlando snap a 16-game road losing streak.

Nelson added 12 assists for the Magic, who last won on the road at Chicago on Dec. 16. Victor Oladipo added 17 points, and Maurice Harkless and Tobias Harris scored 13 apiece.

Thaddeus Young had 19 points for the Sixers, who lost their 12th straight overall and 11th in a row at home. Tony Wroten scored 15 points, Eric Maynor 13 and Henry Sims 10 for Philadelphia, which bought out the contract of Danny Granger earlier Wednesday.

The 76ers finished 0-11 in February.

Trout, Angels agree to \$1 million, 1-year contract



TEMPE, Ariz. (AP) — Mike Trout

has his first seven-figure contract. Up ahead is what figures to be a nine-figure deal.

"It feels good," Trout said Wednesday after agreeing to a \$1 million, one-year contract with the Los Angeles Angels.

The salary is the highest for a one-year major league contract for a player not yet eligible for arbitration who wasn't coming to the big leagues from Japan or Cuba or wasn't required to have a larger amount because of the maximum cut rule. Ryan Howard earned \$900,000 with Philadelphia in 2007 and Albert Pujols with St. Louis in 2003.

Trout will become eligible for arbitration after this season and could become a free agent after the 2017 World Series. The sides are thought to be discussing an agreement through 2020 in the \$150 million range.

Trout wouldn't talk about the possibility of a multiyear contract.

"I just go out there to play the game," he said. "If the money is where it's at, that's where it's going to be."

By agreeing to a one-year contract now with the 22-year-old, the Angels avoid having a long-term deal count toward their 2014 luxury tax payroll.

"It's a landmark to do a \$1 million with a two-plus player,"



Los Angeles Angels center fielder Mike Trout (27) makes the running catch during spring training baseball practice, Thursday, Feb. 20, 2014, in Tempe, Ariz.

Angels general manager Jerry Dipoto said. "I think it's fitting and Mike's earned that and we're glad to provide that for him."

Trout was voted AL Rookie of the Year and finished second in MVP voting in 2012, when he hit .326 with 30 homers and 83 RBIs, and led the majors

with 129 runs and 49 steals. He was second again to Detroit's Miguel Cabrera in MVP voting last year, when he batted .323 with a .432 on-base percentage, 27 homers, 97 RBIs and 33 steals.

"We thought his performance was exceptional," Dipoto said. "There are players that force

you to break rules. What he did for two consecutive years forced us to break our own rule. His performance certainly merited us to do differently than any of the others."

Trout had a \$482,500 salary as a rookie and earned a \$10,000 bonus for winning Rookie of the Year. The Angels renewed his

contract last year for \$510,000 - just \$20,000 above the major league minimum at the time.

"The Angels could have easily just done the same thing that

they did last year," Trout said. "It makes you feel good inside. It makes you feel like they really want you here. It means a lot to me."

Josh Hamilton strained calf, out at least 2 weeks

TEMPE, Ariz. (AP)—Los Angeles Angels outfielder Josh Hamilton will be sidelined for at least two weeks because of a strained calf muscle, and pitcher C.J. Wilson does not appear to be seriously hurt after getting struck on the head by a line drive in batting practice.

Both players were injured during a spring training workout Tuesday.

Hamilton struggled in his first season with the Angels after agreeing to a \$125 million, five-year contract, hitting .250 with 21 homers and 79 RBIs. The 2010 AL MVP reported to spring training 20 pounds heavier than last year after losing about 25 pounds following the 2012 season.

Hamilton left the clubhouse on crutches Tuesday after getting hurt during a baserunning drill.

"It's something that will definitely heal on its own and it's just going to take

some time and the timeframe we're getting is the minimum of a couple of weeks," Angels manager Mike Scioscia said Wednesday. "As of right now we're very optimistic that he'll get back in here and he can get back in shape for the start of the season."

Wilson, also starting his second season with the Angels, was hit by a liner off the bat of Yorvit Torrealba.

"Everything is fine, except that pitch I threw. Shoulda caught it," Wilson tweeted. "Lesson is to not pitch to contact!"

Wilson was bleeding slightly after being hit with the line drive and was taken in for a CT scan. He blamed himself for the mishap.

"I should have caught the ball," Wilson said. "If I ever get hit, it's my fault."

Wilson added that he did not get his usual amount of sleep the night before as he was getting "amped up" for Tuesday's batting-practice session.

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Woods begins his road to the Masters



P A L M BEACH GARDENS, Fla. (AP)—The PGA Tour season began five months ago. The new

year is two months old. And yet there's something about the Honda Classic that makes Tiger Woods and a collection of stars feel as though it's all about to get underway.

"I think once we get to Florida, I think we're all thinking about our way to Augusta," Woods said.

Six tournaments remaining before the Masters, the first major of the year, and this is now serious business. It shows in the strength of the field at PGA National, with seven of the top 10 players from the world ranking.

The last time Woods, Phil Mickelson, Rory McIlroy and Adam Scott competed in the same tournament was the BMW Championship near Chicago last summer.

That's how it was a generation ago, when some of golf's top players either rested or played overseas early in the season, and then showed up in tropical conditions at Doral to start the official road to Augusta National.

Woods has plenty of work to do based on his early performance - a missed 54-hole cut at Torrey Pines in his lone PGA Tour start this year, followed by a dismal performance by his standards at the Dubai Desert Classic, where he tied for 41st.



Golfer Tiger Woods hits out of a sand trap on the fourth hole during the Pro-Am round of the Honda Classic golf tournament, Wednesday, Feb. 26, 2014 in Palm Beach Gardens, Fla.

He conceded that he spent most of his winter break working on his body instead of his golf. Since returning from overseas earlier this month, Woods said he has spent most of his time working on his short game.

Woods isn't the only player coming off a substantial break.

Scott, the defending champion at Augusta, hasn't competed since the Sony Open in Honolulu. He spent the following week on the Big Island, surfing

and playing a few casual rounds with his buddies, then killed time on the couch or doing anything not related to golf until it was time to get back to work.

He plans to play three of the next four tournaments.

"After three weeks I kind of felt like I needed to start swinging again and started to get the itch, but I think I timed it pretty well because I've had a nice couple weeks of intense practice before getting here and a week of playing with some mates before

that," Scott said. "I feel like I've had a nice preparation, but this is a very tough test, and it's probably not the ideal one to float back in off after an extended break."

PGA National looks to have as much blue (water) as green (grass), and the course is converted into a par 70 at 7,140 yards for the Honda Classic. Michael Thompson won last year at 9-under 271.

It wouldn't seem to favor Mickelson, who has not played PGA National since he was an

amateur.

Mickelson missed the last two weeks because his kids were on spring break, spending some of that time skiing and some of that playing golf. He did not want to fly out from California for one tournament next week at Doral, so he added the Honda Classic.

"The greens are really immaculate," Mickelson said. "If you get hot with a putter, you can make a lot of putts. But I do like the golf course. I've al-

ways liked Nicklaus-designed golf courses. I know this course he renovated or redesigned years ago, and it's a wonderful test of golf, and I think that's a real credit as to why such a strong field continues to come here."

This is only the third time Woods has played the Honda Classic as a pro. He rallied with a 62 in the final round in 2012 to finish behind McIlroy, and then struggled off the tee - particularly on the sixth hole - a year ago when he tied for 37th.

McIlroy has his own set of memories from PGA National, not all of them good. Even though he won in 2012 to become No. 1 in the world for the first time, he followed that by playing 26 holes last year before walking off the course with his game in disrepair and his business affairs not much better.

McIlroy said it was a mistake to quit, something he won't ever do again. But the 24-year-old from Northern Ireland is in a better frame of mind this year. He is comfortable with his equipment. He's engaged. He has settled into his own management (though he still is going through a legal battle with his old firm). And he is playing like the guy everyone expected to be the biggest threat to Woods.

"I'm in a better place," McIlroy said. "And I feel like when my game is in a good place, everything else can sort of fall in line with that. It makes me feel more comfortable about everything."

Panthers' Gross retires, WR Smith's future unclear



CHARLOTTE, N.C. (AP)—One longtime Carolina Panther called it quits on Wednesday, while another may be headed out the door behind him.

Offensive tackle Jordan Gross, who started a franchise-record 167 games during 11 seasons with the Panthers, officially retired at a news conference at the stadium. Afterward, coach Ron Rivera was non-committal on whether star wide receiver Steve Smith will be back with the team next season.

"A lot of it will have to do with what our situation and circumstances are going to be," Rivera said when asked directly about Smith's future. "I think as we go forward, just what the role is going to be we'll see."

Rivera said the Panthers need to clear salary cap room and said free agency may determine what happens with Smith.

Smith, the franchise's all-time leader in receptions and touchdowns, is under contract through 2016 but is set to cost \$7 million under the 2014 NFL salary cap.

A 13-year NFL veteran who holds almost every major receiving record with the Pan-

thers, Smith was present at Gross' retirement news conference but declined to discuss his own future.

"This is Jordan's day," Smith said. "We're not discussing me."

Gross and Smith were the only two players on last year's roster who played for Carolina's Super Bowl team in 2003.

Smith plans to meet with general manager Dave Gettleman in the next week or so to determine what his future holds.

It's unclear at this point if the Panthers want Smith to take a pay cut.

Carolina has already restructured the contracts of linebacker Thomas Davis, center Ryan Kalil and running back Jonathan Stewart this offseason to create cap space.

The Panthers need to create cap room to sign quarterback Cam Newton to a long-term contract extension and also need to make a decision soon on the

future of defensive end Greg Hardy, who'll be an unrestricted free agent.

Restructuring contracts has become commonplace in the Gettleman regime. He restructured seven contracts last season, including Gross' deal.

"I didn't like you very much last offseason but I got over that," Gross said jokingly to Gettleman during his news conference.

Rivera said he believes

Smith wants to play for Carolina next season.

"My understanding is yes, but we have to go through our entire process and we have to do things we need to before we starting coming out and talking about where we're going, and how we're going to get there," Rivera said. "We know what we want to do. We are working on plans."

Smith had 64 receptions for 745 yards and four touchdowns

last season.

"I think a lot has to do with not just free agency but our own roster," Rivera said. "We have to create space and we know that. We are in a tough position right now and (our front office) is working very hard on it. It's about making sure we have the right situation so that we can go forward."

The press conference for Gross was attended by team owner Jerry Richardson and more than three dozen former teammates, coaches and members of the training staff.

Gross looked more like a tight end than an offensive lineman at the press conference, already having dropped 25 pounds from his regular playing weight of 305.

An emotional Gross presented a slideshow with some of his favorite photos through the years - often making fun of himself along the way. He got choked up when he got to a picture of team's offensive linemen and then again when he saw a photo of Smith jumping into his arms during the Super Bowl.

After Gross finished speaking he got a huge surprise when a Charlotte-based barbershop quartet led by teammate Ryan Kalil stood up and sang "Happy Trails."

Eagles, LT Jason Peters agree on 5-year deal

PHILADELPHIA (AP)—Jason Peters will protect the quarterback's blind side for quite a while longer in Philadelphia.

The All-Pro left tackle agreed to a five-year contract with the Eagles on Wednesday. Peters was signed for 2014, and his new deal adds four years through 2018. Overall, the contract is worth about \$50 million.

"They didn't want to risk losing me and I didn't want to go anywhere, and I let them know that," Peters said. "I want to retire here. I love this organization. I love Philly."

The feeling is mutual.

"There aren't many people cut from the same cloth as Jason Peters," coach Chip Kelly said. "To be able to bounce back from two Achilles injuries and return to an All-Pro level speaks not only to his incredible athleticism, but proves just how hard he works at his game. Having him at left tackle provides a lot of comfort to our quarterback and to our entire offense. He's a guy that many players look up to in our locker room."

The 32-year-old Peters is a six-time Pro Bowl pick and two-time All-Pro. Peters missed the entire 2012 season after twice rupturing an Achilles tendon, but he returned to anchor

an offensive line that helped the Eagles lead the NFL in rushing. All-Pro running back LeSean McCoy ran for a franchise-best 1,607 yards, and Pro Bowl quarterback Nick Foles had a breakout year behind Peters and Co.

"I told y'all I was at 100 percent coming into the season," Peters said. "I felt very good. They obviously think (I'm worth it) or they wouldn't have given me the contract. I'm definitely going to live up to it."

The Eagles appear set on their offensive line. Lane Johnson, a first-round pick last year, played well as a rookie at right tackle. Left guard Evan Mathis was an All-Pro, center Jason Kelce is

one of the top centers in the league, and right guard Todd Herremans is signed through 2016.

Peters is the cornerstone.

"Jason is everything you look for in a left tackle," general manager Howie Roseman said. "The unique blend of size, speed and athleticism that Jason possesses is something that everyone wants in an offensive lineman. However, what really makes him unique is his desire to improve day in and day out despite the fact that he's played at an elite level for so many years. We are truly rewarding Jason's excellence."

MP United defender to play in UFL

By ROSELYN B. MONROYO
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REPORTER

MP United defender Enrico Del Rosario has signed up with Agila FC and will be playing in the youth division of the Philippines' premier league, the United Football League, this summer.

"This will be a big help for me as a player because I will experience high level of football and play with different teammates, system, and playing style. Everything will be a learning process and this will only help me become a better player and a better person," said the member of the MP United U18 and men's teams.

Del Rosario was under the radar of Agila FC, a club that runs its youth program with the Manila Soccer Academy, after seeing the MP United defender play in the 2013 Pilipinas Cup International Invitational Youth Tournament in Sta. Rosa, Laguna late last year. Del Rosario and his MP United had a podium finish in the tournament, stunning La Salle Greenhills in the third place match, 2-1.

"We saw Enrico play in the Pilipinas Cup 2013 and he was outstanding. We also found out that he is under the Philippine Team youth program, so we decided to invite him to play for our team in the UFL Youth League. Who wouldn't want a Teen Azkal on your team?," Agila FC general manager Troy Borja said in an email to *Saipan Tribune*.

"As a Saipan-based player, Enrico will be a benchmark for our local players. Our players are



Enrico Del Rosario steps in on defense, as a fellow PH Teen Azkals player goes for a kick during a training session in the Philippines last year.

used to playing against the same kids in their school varsity programs and club tournaments. It is not often they get to see how foreign-trained players play. Hopefully this will improve everyone's game," Borja added.

The club manager also took note of Del Rosario's versatility, which will be a big help to the team.

"We also like his versatility. He can play either defense or offense. We like Enrico's work rate and fitness. He seems to be always there whenever he is needed," Borja added.

With Agila FC, Del Rosario

will be teaming up with varsity players from Ateneo, San Agustin, and Don Bosco, and other schools in Manila. These three schools are known to have strong football programs.

As for the league, 52 teams were entered in the competition last year and more are expected to join in this summer's tournament, which features squads from Division 1 and 2 clubs under UFL. Games in the UFL Youth League will be played at the Emperor Stadium in McKinley Hill in Taguig.

When asked about his upcoming stint in UFL, Del Rosario said he has mixed emotion.

"I am nervous in away, but

feel more excited because I will learn new things that will improve my game. Playing high level of football gives me more motivation to strive and train harder everyday," the Mount Carmel School student said.

The MP United standout also said he will try to live up to expectations, especially on the defensive end.

"Playing hard nose defense will be my main contribution to the team. I will fight to win the ball at all cost. I've been working on aerial battles and that will be an additional arsenal that I can bring into the table," Del Rosario said, who thanked CNMI national coaches for

helping him become a good player.

"They have helped me grow and improve my level of con-

fidence. They taught me not to quit and keep striving to improve my game," the new Agila FC recruit said.

IT&E slugger stays on top; Falcons pitcher moves up

By ROSELYN B. MONROYO
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REPORTER

The Major division of the 2014 Saipan Little League Baseball League has the same batting leader, but a different frontrunner in pitching.

IT&E's Philip Kapileo kept the top spot in the batting race, while the Falcons' Max Pangelinan grabbed the No. 1 position from IP&E Rockies' Tyrese Camacho, as SLLB, Inc. released its statistics leaders as of Feb. 23.

Kapileo was 9-for-14 after last Sunday's games for a field-best batting average of .642. He leads 14 other players, including new second placer Justin Cangco, who plays for the Falcons and has a batting average of .625 off a 10-for-16 performance at bat.

Three other players posted at least .600 batting average with Cangco's teammate Aven Evangelista recording .615 (8-for-13) and tying the Braves Jose Tudela and another Falcons bet Angel Iguel tallying .600 with his 9-for-15 clip.

Completing the batting leaders list are Camacho (.562), IT&E's Spencer Dickinson (.533), the Red Sox's Kiana Aldan (.529), the Braves' Robin Sablan (.500) and Vi-

cente Camacho (.500), McDonald's Sun Joon Tenorio (.500), IP&E's Dai Podziewski (.500), JPO Enforcers' Rikko Lizama (.461), McDonald's Jared Reyes (.454) and Austin Reyes (.454), and Laolao Bay's Thomas Agulto (.454). The batting leaders are based on 11 or more times at bat.

In the pitching contest, which was based on at least 11 innings pitched, Pangelinan recorded an ERA of 0.90. In 11 innings, he only gave up two runs. The Falcons ace is ahead of Laolao Bay's Justin Celis (2.18), the Enforcers' Kenneth Kaipat (2.82), Dickinson (4.80), and the Red Sox's Jode Reyes (6.31).

Dickinson leads the division in strikeouts with 31, while Jode Reyes occupies the No. 2 spot with 27. Camacho and Celis have 26 and 22, respectively.

In other categories, Podziewski is still on top of the runs division with 15, beating the 12 of Camacho, while Iguel has 10 so far. In the home run race, Thomas Agulto has two to prevail against five others, who have one each, while Aldan has the most RBIs with 10. In triples, Cangco, Robin Sablan, and Juan Lizama are tied on top with two each, while Kyle Kapileo of IT&E is alone at the No. 1 spot in doubles race with his four.

BRAVES

From Page 40

starts in the weekend game with the Red Sox scoring five runs against the Braves' four. The Braves then wrestled the lead after shutting at the Red Sox at the top of the second and notching 10 runs at the

bottom. Anthony Dizon led the Braves' surge, as he went 2-for-2 in that inning alone and drilled three RBIs and two runs.

The Braves never looked back from thereon despite scoring only one run in the last three inning, as the Red Sox managed to counter with four runs.

IT&E 6, Enforcers 2

In a low-scoring game last Sunday, IT&E improved to a 4-1 record for a share of fourth place (with the Braves) in the 15-team field after neutralizing the JPO Enforcers.

It was a come-from-behind victory, as IT&E trailed and was scoreless in the first three innings. It continued to strug-

gle in the fourth, making only one run before getting its act together in the fifth, producing five runs to take over the lead. Spencer Dickinson put IT&E on the board with his run off an Enforcers' error at first base, while JPO got two runs in the first inning from a passed ball and a sacrifice out.

The Enforcers kept the up-

per hand after four and the half innings before Kyke Kaipat anchored IT&E's rally and put his team on top, 6-2. Kaipat had a two-run double at the bottom of fifth, Jaime Pangelinan stole home, and Josh Camacho hit an RBI single, while the other runs was off a booboo from Enforcers shorts stop Dennis Cruz.

IT&E preserved the lead and grabbed the win after getting two quick outs at the top of the last inning and stranding a runner at first, as shorts strop Christopher Achas caught his second line drive of the inning for the third out. IT&E recorded the second out off a 1-3 putout play against Rikko Lizama.

TAN

From Page 40

in the second half, while an own goal in the 64th minute ended Shirley's FC drought. Tenorio then got his second goal four minutes later to complete MP United's domination of Shirley's FC.

In other results in the boys U15, two games ended in draws, while one was decided

via shutout.

Paire FC and Tan Holdings FC settled for a 3-3 draw last Friday. Ivan Seo made the equalizer for Paire when he scored in the 73rd minute. Paire's two other goals came from Joel Fuit and Jun Hee Lee, who found the back of the net in the 67th and 71st, respectively. Tan Holdings also logged all its goals in the second half with Emmanuel Aniana scoring in the 50th and Jeremie Tanghal add-

ing one two minutes later. Steven Martin gave Tan Holdings its last goal in the 56th minute.

Paire also had a draw, 4-4, against Matansa in their Week 3 game. Seo and Fruit tallied two goals apiece for Paire, while James Ermitano had a hat-trick for Matansa, which got one goal from Joshua Deleon. Deleon scored in the 71st to put his team on top, 4-3, but Fruit answered five minutes later to force a tie.

In the other Week 3 match,

Tan Holdings defeated Shirley's FC. Aniana, Jonathan Capanas, Jun Sik Kim, and Kyle Salvosa posted one goal each for the winning team.

BOYS U18

Tan Holdings 6, Matansa 1

Sean Perez powered Tan Holdings to a 6-1 win over Matansa in last Saturday's first U18 match.

Perez dropped the first four goals of Tan Holdings, making a hat-trick early in the first half.

Aniana and Hon Lee nailed the two other goals for Tan Holdings, while David Mafnas scored the lone one for Matansa.

In other results, MP United remained undefeated in four games after bagging two more wins.

It got a free victory (via forfeit) over Paire last Saturday after coming from a 13-0 demolition of Matansa in Week 3.

Jehn Joyner and Tanapon Unsa teamed up in MP Unit-

ed's pounding of Matansa, as they registered four goals each. Enrico Del Rosario, Scott Kim, Daniel Lim, John Diego Masga, and Brian Lee also contributed to MP United's cause.

In the other Week 3 results, Tan Holdings edged Paire, 5-3. Yoshi Mafnas had a hat-trick for Tan Holdings, while Sean Perez chipped in two goals. Christian Oh and Tyu Tanawa had one goal apiece for Paire.

GALVEZ

From Page 40

21-14 victory.

Three other singles matches were played in Day 1 of the annual tournament. In another men's A singles tiff, Deether Edralin swept Jordan Pange-

linan, 21-15, 1-9, while in the men's B singles, JP Nopia bounced back from an early loss to win his first game, 18-21, 21-17, 21-16. Havikka Farro also rallied past Mykki Caracut in three games in the women's B singles. Farro dropped the opener, 18-21, but prevailed in the last two

games, 21-12, 21-17, to grab the victory.

Completing the Day 1 schedule in the Northern Marianas Badminton Association-seasoning opening competition were the five doubles matches in three classes.

In the women's B doubles, Cheng Saturno and So Young

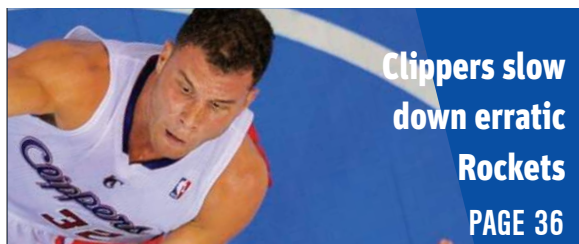
and Toshiko Obata and Windy Fernandez downed separate foes. Saturno and Young lost to Loyda Ito and Shirley Kim in the opening game, 11-21, but managed to steal the win after dominating the last two games, 21-16, 21-10. Fernandez and Obata recorded a contrasting win, needing only

two games to top Marylyn Montano and Lucelle Lampera, 21-18, 21-15.

In the lone women's doubles C match in Day 1, Roxe Lazaro and Emily Vargas also took only two games to beat Gigi Zapanta and Lani Santos, 21-16, 21-17.

In the two men's B doubles

matches, Aries Cordero and Cris Hilario and Young Sang Yu and Jong Min Lee earned separate victories. Cordero and Hilario got a free win (via default) over Celso Agui and partner, while Young and Lee labored a 21-16, 17-21, 21-18 triumph over Jojo Savellano and Narlou Achas.



Clippers slow
down erratic
Rockets
PAGE 36

Saipan Tribune Sports

HTrout, Angels agree
to \$1 million, 1-year
contract
PAGE 37



40 FRIDAY, FEBRUARY 28, 2014

SAIPAN TRIBUNE

Braves bag third straight victory

By ROSELYN B. MONROYO
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REPORTER

The Braves stretched their streak to three after nailing two more wins in the Major division of the 2014 Saipan Little League Baseball League.

The Braves (4-1) first defeated the Red Sox, 15-9, last Sunday at the Miguel "Tan Ge" Basa Pangelinan Ballfield and picked up where they left off last Tuesday, nipping the Little Legals in a make-up game, 10-9.

Relief pitcher Vicente Camacho lifted the Braves to a close win against the Little Legals, as he halted the latter's rally at the top of the fifth inning and got two early strikeouts in the top of the last.

Down at 2-10, after four innings, the Little Legals' first five batters scored off four earned runs against starting pitcher Jose Tudela and an error at second base to mount a comeback at the top of the fifth, 7-10. With the Little Legals threatening the Braves, Camacho took over the mound, gave up only two hits, and earned two straight strike-

outs to end the inning with his team hanging to a one-run cushion.

The Little Legals tucked on two more runs off miscues at second and left field at the top of the fifth to move within one. They then boosted their chances for a comeback win after striking out the Braves leadoff batter and stranding the second at third as the next two flied out and was beaten to first at the bottom. However, Camacho struck out the Little Legals' first two batters and Tudela made up for his pitching struggle in the fifth inning by getting the final out, as he picked up a grounder from Kaito Dikito.

In their other victory, the Braves leaned on a 10-run tear at the bottom of the second inning to beat the Red Sox.

Both teams got off to good
See BRAVES on Page 39



ROSELYN B. MONROYO
A Braves runner is safe at home, beating the Red Sox pitcher during the bottom of the second inning of their game in the Major division of the 2014 Saipan Little League Baseball last Sunday at the Miguel "Tan Ge" Basa Pangelinan Ballfield.

Galvez leads opening day winners in Sun Palace tilt



By ROSELYN B. MONROYO
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REPORTER

Inaugural season finalist Andreau Galvez was among the winners in the opening day of the Sun Palace Hotel Singles and Doubles Badminton Competition 2014 held last Friday at the TSL Sports Complex.

Galvez, who advanced to last year's finals against men's A singles eventual champion Ferdie Arago, drew Glenn Blautjens in his first assignment of the season and needed three games to break into the win column. He cruised to a 21-13 victory in the first game, but missed the sweep when Blautjens eked out a nail-biting 21-20 triumph in the second game. Then in the deciding third game, the younger and faster Galvez recovered with a



See GALVEZ on Page 26

Tan Holdings FC, Paire blank foes

By ROSELYN B. MONROYO
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REPORTER

Tan Holdings FC and Paire FC shut out their separate foes in the girls U15 division games in the 2014 NMIFA Spring Youth Football League last Saturday at the Hopwood Junior High School Field.

Tan Holdings whipped Kanoa FC, 10-0, six goals of Mary Kay Alferos. The Tan Holdings FC forward nailed her goals in succession, while Catherine Barrozo contributed two, and Arah Jean Manabat and Krizel Tuazon added one apiece.

In the other girls U15 match last Saturday, Paire FC topped Shirley's FC, 2-0. Guinevere Borja canned both goals for Paire.

In other results, Shirley's FC won its Week 3 game against

Kanoa FC, 6-1, while MP United and Matansa FC engaged in a scoreless draw.

Samantha Maniacop opened the scoring for Shirley's FC, while cousin Diana recorded the next two. Irish Viray, Maria Noble, and De Jana Muna also lit up the board for Shirley's FC.

BOYS U15

MP United 5, Shirley's FC 0
MP United routed Shirley's FC in last Saturday's match at the Oleai Sports Complex Field.

Sun Joon Tenorio and Koki Yamada towed MP United to victory, scoring two goals apiece. Tenorio broke the ice early with his goal in the sixth minute, while Yamada hit back-to-back goals (27th and 36th minute) for MP United's 3-0 halftime lead.

Christian Bravo also made it to the board for MP United early
See TAN on Page 39



ROSELYN B. MONROYO
Shirley's FC, left, and Kanoa FC players collide as they go after the ball during the Week 3 game in the girls U15 division of the NMIFA youth league at the Hopwood Junior High School Field.